



SELF

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**HAPPY, HEALTHY
HOLIDAY IDEAS**

RITA ORA
**HOT BODY,
TOTAL
BADASS**

**TURN
IT
UP!**

**5
MINUTE
ABS,
ARMS &
BUTT
(REALLY!)**

**EAT, DRINK,
ENJOY:
YOUR NO-
REGRETS
PLAN**



SHAZAM THE
COVER FOR
MORE RITA
P. 10



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(DECEMBER)

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"I view going to the gym as a cure-all for everything—it always feels so good!"

—EMILY DiDONATO, model

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SNEAKERS Pony, \$65.
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CLOTHES Bikini and sweatshirt, Fendi. See Get-It Guide.

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Shop for all the sporty types on your list starting on page 63, then head to Self.com/go/giftguide2015 to find more healthy, happy gift ideas.



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SELF party dress code: sexy in black. Me with two of my fave designers, Michelle Ochs (left) and Carly Cushnie

EDITOR'S LETTER

FRIENDS AND FAMILY

The holidays are a time to surround yourself with the people you love most—the ones who make you happiest and let you feel most like yourself. The photo above was taken at a dinner party my friend Mimi Reisner threw to celebrate my first year as editor of SELF. Mimi and I met through work when she was at the Clinton Foundation, and we both wanted to find new ways to promote women in health and tech. She opened her beautiful home to our extended SELF family—my top editors and the athletes, models, designers, photographers, trainers and other innovators who have been there for us since day one.

We all have people who cheer us on and make us better at what we do. Rita Ora, our cover star, travels with her sister everywhere (page 68). Outdoor Voices founder Tyler Haney stays motivated with help from her entrepreneur pals (page 56). We hope that you can count on us at SELF to be there for you whenever you need a pick-me-up or a fresh take. I know how inspired I feel when I get your emails, as well as your comments in my and SELF's feeds. We're all in this together—so thank you for being a part of #TeamSELF. Here's to everything we've accomplished this year. Happy holidays!

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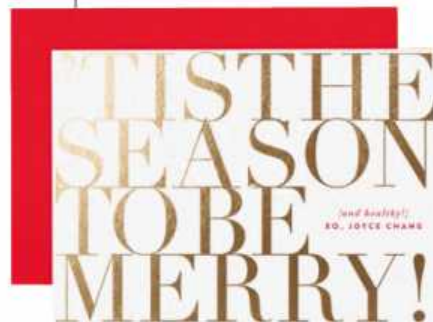
My holiday essentials

Here's how I approach the season: sometimes healthy, sometimes not so much



CRANBERRY MARGARITA

I think of it as a boozy way to get my antioxidants. Combine 1½ oz tequila, ¾ oz lime juice, ¾ oz unsweetened cranberry juice, ½ oz agave and 1 cup ice. Shake and strain into glass. Garnish with cranberries and a sprig of rosemary.



KARAOKE NIGHT

Bond over some Bon Jovi: Karaoke is scientifically proven to boost your mood.



CUTE CARDS

It's fun to add a personal touch. These are my customized greetings from Minted.com.



MANI GIFTS

I love to support women-owned businesses like TenOverTen. (My buds Nadine Abramcyk and Adair Ilyinsky are the founders.)

Polish in 029 Grand, \$18; TenOverTen.com



BRIGHT SNEAKS

What's more festive than red trainers in dance cardio class? Adidas Originals, \$110; Adidas.com



BILLY FARRELL AGENCY, STILL LIVES, FROM TOP: PAVEL GRAMATIKOV/STOCKSY, GETTY IMAGES, COURTESY OF MINTED, ERICA MCCARTNEY (2); STYLING, PAUL PETZY.

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(SELF) STARTER

POWER POSE

→ *Wind in your hair, snow underfoot...introducing the coolest way to get your om on.* BY AMANDA MacMILLAN

The 20,000-plus #Snowga Instagram posts show just how popular (and picturesque) mountaintop yoga can be. But slopeside asanas also have legit body benefits: They fend off injury by reducing the imbalances and stiffness that come from carving powder all day. And they make you a better skier or boarder: “Snow sports require flexibility, balance and concentration—exactly what yoga improves,” says André Koslowski, a ski instructor and yoga teacher in Telluride, Colorado. To get in on the trend, take a class on snowshoes at Flow Outside in Bozeman, Montana, or try yoga on the hill at Stowe Mountain Lodge in Vermont. You can also practice indoors with Yoga for Skiers in downtown Aspen, Colorado. Or simply find a studio near whatever mountain you’re visiting via YogaFinder.com. Hit a class to score the feel-better, ski-better benefits—no snow required.

Yoga instructor Caitlin Turner (@gypsetgoddess) of Scottsdale, Arizona, works on her standing split.

FITNESS INSIDER

→ This month's finds and trends will inspire you to get up and moving.

SHOP

Two start-ups make scoring discounted fitness gear a snap. Enter a sneaker style and size, and *ShoeKicker.com* pinpoints the best price offered by any retailer. New app *Shopami* collects email promotions from stores like *Athleta* and *Nike*, then uses GPS to ping you when you're near deals.

track

The Apple Watch has some competition: *Microsoft Band 2*'s barometer records elevation gains on hikes, *Moto 360 Sport*'s GPS tracks running mileage and *Samsung Gear S2* plays music to keep you in your cardio-dance groove.

From top: \$250; Microsoft Store.com. \$300; Motorola.com. \$300; Samsung.com



@lindseyvonn



@juliamancuso



@hannah teter



train

Make like these snow-sport champs and cross train. Squats and lateral lunges reduce knee-injury risk, says Michael Bingaman, a U.S. Ski and Snowboard Association strength-and-conditioning coach, and boxing ups endurance.

JUMP

Improve balance and tone your butt with this turbo jump-rope routine from James Brewer of New York City's Exceed Physical Culture: Hop on one foot for one minute, repeat on the other foot, then jump with both feet for two minutes. Do three sets.

SCULPT

To prep Daisy Ridley to wield a staff for her role in this month's *Star Wars: The Force Awakens*, trainer Paul Vincent had her do moves that improve shoulder mobility and strength. Try it: Alternate 12 TRX rows with 12 overhead presses. Do three sets.

STYLING: TAYLOR OKATA; HAIR AND MAKEUP: HOLLY GOWERS FOR DIORSKINNIDE; MANICURE: KAYO HIGUCHI FOR DIOR VERNIS; MODEL: RACHEL NICKS AT WILHELMINA FITNESS. INSETS: COURTESY OF SUBJECTS' INSTAGRAMS. STILL LIFES: DEVON JARVIS; STYLING: JESSE LIEBMAN AT R.J. BENNETT. SEE GET-IT GUIDE.

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This luminous look reflects the light side in STAR WARS: The Force Awakens. A swath of golden eye shadow across lids and cheekbones sets the tone, with gold lipstick and gloss punctuating the lustrous palette.



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WARS
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BARRE STUDIOS

➔ *Lean legs and toned glutes are just a pulse and a plié away at these next-level classes around the country.*

Physique 57

NEW YORK CITY

Devotees have flocked to this 57-minute class (above) for almost a decade. The chain's secret sauce: an intense mix of thigh-and-glute sequences, elongating stretches and arm and abs moves. Top 40 tunes and instructors with "You've got this!" energy keep it fun. —*Abigail Libers*

Barre3

PORTLAND, OREGON

At the international chain's HQ, you hold poses targeting each muscle group, then add cardio bursts. The results, and Instagram-worthy mantras from instructors, keep you coming back. —*Alexandra Engler*

The Barre Code

CHICAGO

The 50-minute classes at this flagship (and its 24 outposts) mix in endless crunches, biceps curls and push-ups. Party vibes (dim lights, loud music, high energy) distract from the burn. —*Jessica Migala*

Barre Motion

MIAMI BEACH

The sun-drenched, all-white studio delivers hurts-so-good results. Crazy busy? Try its latest and greatest Barre-Cierge program. With an hour's notice and enough space, an instructor will come to you with a portable barre, mat, balls, straps, bands and tunes. —*Ana Mantica*

Cardio Barre

STUDIO CITY, CALIFORNIA

The music thumps at an energizing 150 beats per minute in cardio-focused classes here and at 21 other nationwide locations. Students transition through ballet and resistance moves to sculpt and elongate muscles. —*Rachel Marlowe*

The Dailey Method

SAN FRANCISCO

The bright, airy studio (with 62 locations worldwide) lures fans with its calorie-torching 45-minute Dailey Interval. New this month is Dailey Cycle: 40 minutes of indoor cycling, then 20 minutes of floor work. —*Jayme Moye*

Define

HOUSTON

Upbeat hour-long classes in this concrete-floored flagship incorporate yoga, ballet, pilates and core moves to leave limbs quivering. Expect deep "seated chair" squats, tiptoed pliés and floor exercises using weights, a squeezable ball and a strap. —*Holly Crawford*

FlyBarre

NEW YORK CITY

Years ago, indoor-cycling hot spot Flywheel added barre classes at select locations. Now, the addictive mix of band and ball work attracts legions of superfans in its own right. —Liz Plosser

Industrial Barre

PORTLAND, OREGON

This minimalist studio's soft, foam-lined carpet makes the seemingly nonstop series of isometric holds easier on joints. Enjoy the cooldown on your mat while gazing at the skylight cut into the reclaimed-wood ceiling. —Juno DeMelo

The Main Barre

LOS ANGELES

In the historic Santa Fe building with sweeping city views, classes at this studio blend elements of yoga, dance and shadowboxing. But purists opt for the signature Main Body workout, a classic barre session. —Rachel Marlowe

Ploome

PHILADELPHIA

Cardio and strength sessions here use tools like glide boards, free weights and foam rollers. The must-try class is Going Gaga: Rock out to playlists mixed by a local deejay during 55 minutes of endurance and resistance moves. —Ashley Primis

Pop Physique

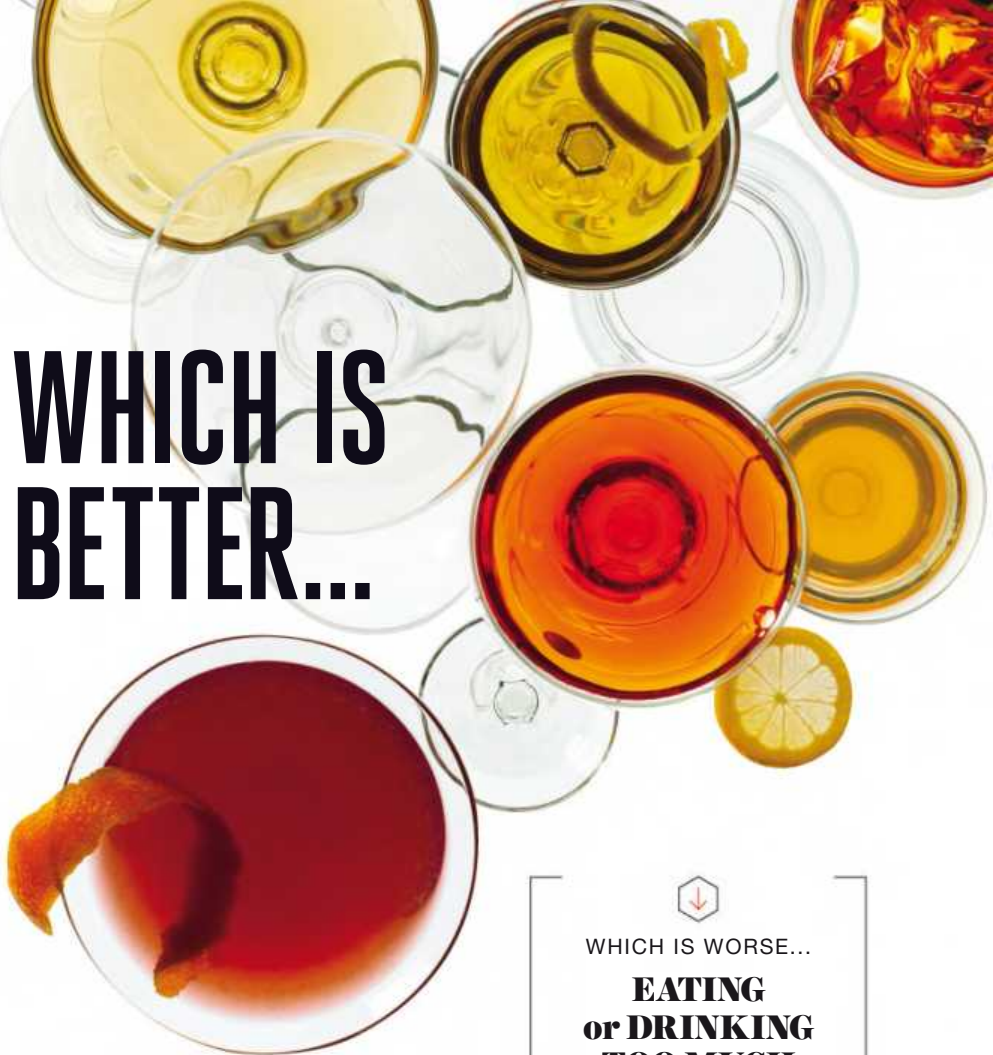
LOS ANGELES

Indie and electronica jams match the fast flow of moves in classes at this West Coast boutique. (A sister studio just opened in NYC.) Inner-thigh exercises utilize a specially designed ball that's the ideal firmness and diameter to elicit maximum burn. —Courtney Rubin



Find more of our favorite barre studios at Self.com/go/barrestudios.

WHICH IS BETTER...



WHICH IS WORSE...

EATING or DRINKING TOO MUCH AT A HOLIDAY PARTY?

BE CAUTIOUS WITH COCKTAILS.

Beyond alcohol's short-term effects on mood, memory and even balance, just one night of heavy drinking can compromise your immune system, making you more susceptible to infection. A few drinks close to bedtime can also throw off your sleep, causing you to wake up feeling groggy. And drinking may lead to other unhealthy choices throughout the night, says Stephanie Middleberg, R.D., founder of Middleberg Nutrition in New York City. Researchers suspect that alcohol enhances the "short-term reward effects" of food—think beer goggles, but for Brie, brownies and whatever else you spot at the buffet.

SWEDISH MASSAGE or DEEP TISSUE?

FITNESS BUFFS NEED BOTH. Deep tissue is often better than Swedish for loosening up tight muscles. But it can be painful when you're sore post-workout, and the long strokes of Swedish are a great way to relieve tension. Ask your therapist for a combo, says Leena Guptha, chair of the National Certification Board for Therapeutic Massage & Bodywork.



We want to hear from you! Tweet @SELFmagazine with your #WhichIsBetter question.



TRUE STORY

EVERY TEN MINUTES...

→ *Another person is added to the national organ transplant waiting list. Kayla Davis was one of them—until a stranger came along and changed everything.* BY LIZ WELCH

“I need a kidney transplant.” For Kayla Davis, then 25, posting that plea on Reddit was a last resort. Diagnosed with kidney disease at age 10, she had gone off medication in her teens because her family couldn’t afford it. At 22, her kidneys failed. Doctors immediately put her on dialysis: She was tethered to a machine for nine hours every night.

Kayla's desperation for a donor is heartbreakingly common. Each day, 22 people die in America because a transplant didn't become available; currently more than 100,000 are waiting for a kidney. The right kidney donor must be in generally good health (i.e., no diabetes or hypertension) and have a compatible blood type. For Kayla, that ruled out her family, friends and boyfriend. So she didn't really expect anyone to respond to her post. Especially not someone like Jennifer Moss, then 32, who had both a healthy kidney and an exceptionally kind heart. Jennifer was scrolling through Reddit one night after work in 2014. (The online bulletin board, where communities form around news, photos and random thoughts, is surprisingly popular with do-gooders.) Kayla's post caught her eye.

JENNIFER I saw the word *dialysis* and thought, That's no way for a 25-year-old to live. I'd already signed up to be an organ donor once I passed away, and I thought, Why wait? I saw the chance to do something really special. So I typed to her, "I'll call the clinic tomorrow."

KAYLA When I saw Jennifer's comment, my heart skipped a beat. I didn't want to get too hopeful, though, because several donation possibilities had not panned out, and the disappointment each time was painful.

KARRIE MOYER, R.N., LIVING DONOR TRANSPLANT COORDINATOR We're still talking about this at the hospital. In the almost three years I've been overseeing kidney transplants from living donors, only 2 of the 50 cases have been between two strangers—and Jennifer and Kayla were the first pair.

JENNIFER When I told my boyfriend, Chris, what I was doing, he said, "That sounds like you." I had used Reddit before to send a pizza to a woman going through a breakup, and to give \$100 to a family that couldn't buy Christmas presents. But I wasn't sure this time would work out. I sent my blood to Karrie and went on vacation. Then I got a message saying my antibodies were compatible with Kayla's. I excitedly told Kayla and kept her posted on all the tests that followed.

**"DONORS ARE
TYPICALLY FAMILY
MEMBERS OR
CLOSE FRIENDS.
AND THEN
THERE ARE THE
JENNIFERS."**

—Karrie Moyer, R.N.,
transplant coordinator

KARRIE Even if an altruistic donor (which includes donors who don't directly know the recipient) passes all the medical tests, we do a psych test. This helps rule out ulterior motives like financial gain, coercion—or even unrealistic emotional expectations. Our goal is to be sure the donor knows what it entails and what they're getting into.

JENNIFER They had me in for a psych test. The psychologist asked, "Why are you doing this?" I said, "Kayla needs a kidney, and I have two." He asked me again. I responded, "This world is rough. If we all thought about other people's needs, we'd be in a much better place." When he said, "That's not normal," I lost my patience a little and said, "Well, then I don't want to be your version of normal."

KAYLA Every time Jen sent me a test result, I'd open up again to the idea that this might work. When we finally met, she mentioned that she'd only been to the hospital for blood work. It hit me: This healthy, vibrant woman is preparing for major surgery. *For me.* I felt a whirling in my chest so intense that I knew if I moved, I might burst. So I stayed very still.

JENNIFER When I saw how pale and thin she was, I knew I'd made the right decision. That same day, I met the surgeon, Dr. Merchen, who talked me through the surgery and what to expect.

TODD MERCHEN, M.D. I warned Jennifer that she'd likely feel pain and possibly nausea the next day and might experience soreness for a few weeks. I also had to inform her about all the possible complications, including chronic pain

or a need for dialysis, both extremely rare. Then I reminded her how unique she is: The only reason Jen was in the hospital was to change Kayla's life.

JENNIFER As the surgery date came closer, several people told me that I could back out, including Dr. Merchen. But I'd made a promise to her. I felt ready.

DR. MERCHEN The donor surgery takes place first. Then the recipient surgery starts about an hour later. Jennifer's surgeon, Dr. Jason Rolls, made several small incisions to inflate her abdomen and isolate the kidney, and then made an incision similar to a cesarean section in her lower abdomen. As the recipient surgeon, I prepared Kayla for a groin incision. After the kidney was removed from Jennifer's body and carried to the adjoining room, I prepared it to be implanted in Kayla. When the clamps are removed, the kidney turns from gray to pink as the blood flows into it. I've done this hundreds of times, yet I still marvel at that moment.

JENNIFER When I woke up, I felt like my body had been slammed against a wall. But Chris told me everything had gone well, and I had a burst of euphoria that cut through the pain. When I later saw Kayla, it was like someone had turned on a light inside of her. She had become a total chatterbox.

KAYLA Within a day, I was energized in a way I'd never experienced. Jen and I spent the time in the hospital getting to know each other, and when it was time to go, we hugged good-bye, even though our bodies hurt. Once I was discharged, I realized I no longer felt cold, itchy or tired.

JENNIFER Afterward, Chris and I agreed that Kayla had to be at our wedding. She was family now! The day before the wedding, she and I had breakfast alone together. Kayla was glowing.

KAYLA Ever since the operation, I can't wait to wake up and see what the world has in store for me. I thank Jen for so many things, but that feeling is what I'm most grateful for. ●

TO LEARN MORE about the U.S. organ donation shortage and different ways you can help, go to OrganDonor.gov.

HEALTHY NOW

→ *The latest ideas to live better this month*

Discover your family roots

Holidays with relatives can lead to talk about everyone's shared history—and the new DIY DNA test kits make it easy to learn more about where you came from. Send a sample of saliva to AncestryDNA (\$99 and up) or FamilyTreeDNA (\$99 to \$359), and a geneticist will analyze your DNA to tell you what countries your great-grandparents called home, reveal surprise ethnic origins (you could be, say, 4 percent Native American), even connect you with cousins around the world. You'll have lots to talk about at the next family gathering.

Will raw dough make me sick?

It's unlikely, but the risk isn't zero: Experts say that about one in every 20,000 eggs contains salmonella. If you eat uncooked dough made with a bad egg, you could suffer from vomiting and GI upset for several days. To make cookie batter that's safe for sampling, use pasteurized eggs (look for the label) or a liquid egg product—both are heat-treated to kill pathogens, says Angela M. Fraser, Ph.D., a food-safety specialist at Clemson University. Or try Cookie Dō (CookieDo NYC.com): It's made with pasteurized eggs, so you can enjoy it straight from the carton.

WORD OF THE MONTH

PREGGAN
(pē-gən) *n*

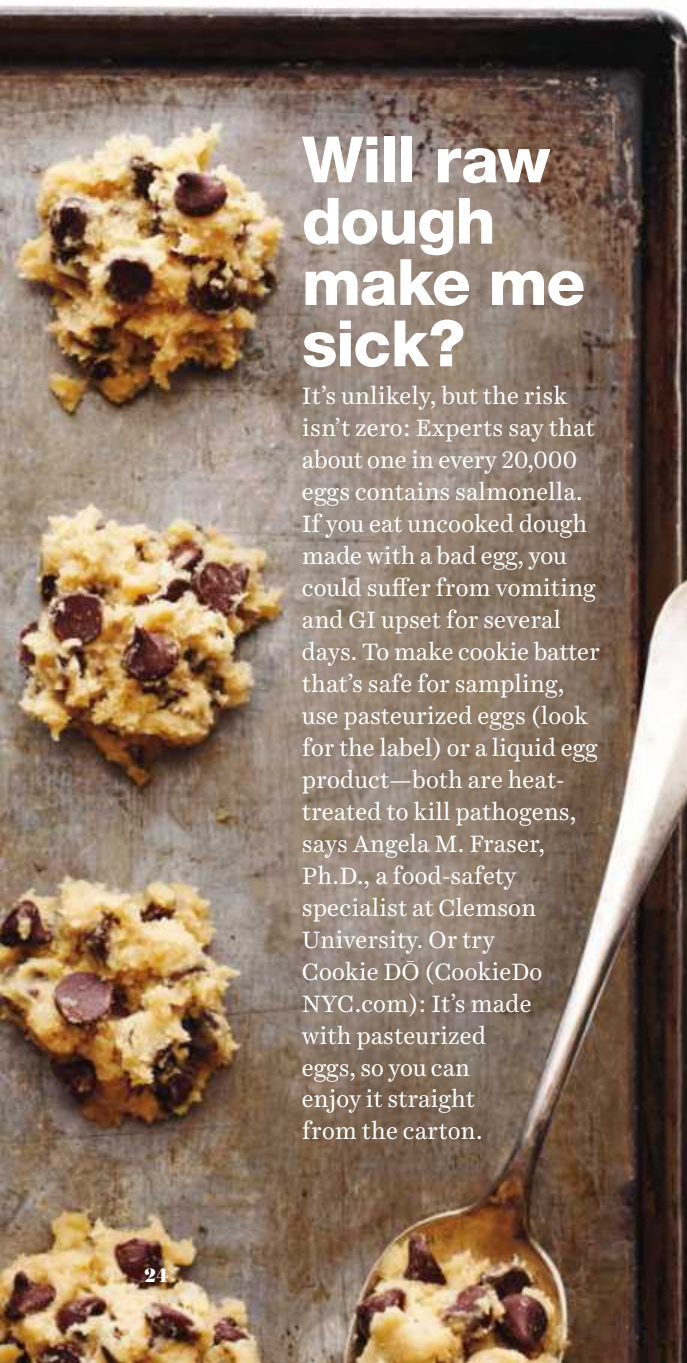
Part paleo, part vegan, this trendy diet translates to tons of veggies, little meat, no dairy and hardly any sugar.

PREVENT JET LAG

Flying home soon? The key to feeling bright-eyed instead of weary is timing your exposure to light, says Tanya Leise, Ph.D., associate professor of mathematics at Amherst College.

Try these tips:

- 1/ IF YOU'RE FLYING WEST**
After landing, stay up until 10 P.M. local time, then get a full night's sleep. Go outside as soon as you wake up; daylight resets your body clock.
- 2/ IF YOU'RE FLYING EAST**
Hit the sack by 11 P.M., even though you may not feel tired. Try to sleep in and avoid sunlight until midmorning the next day (if the light hits you too soon, you'll have difficulty sleeping through the night).
- 3/ WHEREVER YOU GO**
Exercise outdoors. It's a proven way to adjust to a new time zone.



SELECTS



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Based on Spins 52 weeks thru 03/22/2015

(SELF) IMAGE

HIGH SHINE

→ *With sequins and a body-skimming fit, your favorite T-shirt gets all dressed up for party season.*

BY SARA GAYNES LEVY

The new LBD this winter? It's actually a T-shirt—one that's cut long and lean on your body, has a slight stretch and is decked out in sequins. To let it really stand out, keep the rest of your outfit simple but cool: Pair it with cropped jeans in a light wash or a silky sheer skirt that reveals a hint of skin. For sporty contrast anytime, layer a thin top underneath and cuff the sleeves to show off your toned arms. Finish the look with platform wedge sandals that are understated but add just enough interest, and you're ready for wherever the party takes you.

SEQUIN TOP \$294; JohnGalliano.com **T-SHIRT** \$10; Hanes.com **SKIRT** \$499; CamillaAndMarc.com **EARRINGS** \$620; DinosaurDesigns.com **CLUTCH** \$1,195; Edie-Parker.com **SANDALS** \$1,495; MarcJacobs.com

Photographed by COLIN LEAMAN
Styled by COQUITO CASSIBBA



THE ROUNDUP

COLOR RUN

→ Pump up the volume on your look with fun, graphic brights for work, workouts and weekends away.

1. TOTE \$1,075; MaryKatrantzou.com 2. TENNIS BAG \$585; MonrealLondon.com 3. LEGGINGS \$98; K-Deer.com 4. PUMPS \$79; NineWest.com 5. TOP Fausto Puglisi, \$740; Curve, 212-966-3626 6. BAG Stella McCartney; \$1,760; Neiman Marcus 7. SNEAKERS \$735; Laurence-Dacade.com 8. SWIMSUIT Kate Spade New York, \$142; KateSpade.com 9. CLUTCH \$1,295; Edie-Parker.com 10. SKIRT Xoxo, \$49; Target.com

Photographed by CHELSEA McNAMARA
Market and accessories director DANIA ORTIZ

CHRONIC MIGRAINE

DOESN'T HAVE TO FLATTEN ME



Discover treatment options and ways to manage your Chronic Migraine.
If you're getting hit by migraines with 15 or more headache days a month, each lasting 4 hours
or more, **talk to a headache specialist** and learn how you can **fight back**. Visit us online.

MYCHRONICMIGRAINE.COM



Webb in her NYC home with her pup Troy.
JACKET Marissa Webb, \$695; IntermixOnline.com
PANTS Vimmia, \$123; Carbon38.com

UP & OUT

➔ Fashion designer **Marissa Webb** finds little ways to de-stress in the A.M. before her busy schedule kicks in to gear.

"The second I'm out of bed, the day has started," says Marissa Webb, who happily describes herself as "a little bit work addicted." Good thing she loves what she does. As the founder and head designer of her namesake label—which is known for expertly tailored pieces with a cool-girl twist—and a creative advisor for Banana Republic, Webb often works 10-hour (plus!) days. That's why her mornings are all about getting energized and being good to herself: She'll wake up around 7 A.M., walk her Pomeranian puppies (Molly and Troy) around her New York City neighborhood and grab coffee and an almond croissant at the Newsbar, her favorite local café. Back home, she does a quick outfit change ("I like to look put-together, but comfort is important") before walking to the office a few blocks away. It's an easy, no-fuss mini-workout that keeps her calm and focused. "I would love to add another hour to the day," she says, wistfully. "But that's never going to happen!" —Sara Gaynes Levy

➔ Tag @SelfMagazine on Instagram or Twitter and show us how you get #UpNOut.

5 THINGS THAT GET HER UP AND OUT



1

A JUICE BOOST

"Liquiteria's Killer XX is perfect when I need an energy kick. It's got cayenne pepper and lemon."

2

CUSTOM LIPCOLOR

"I layer three together to create a shade that's made for my skin tone."

FROM TOP Chanel Rouge Coco Shine Hydrating Sheer Lipshine in 91 Bohème, \$36; Chantecaille Lip Definer in Natural, \$24; Nars Velvet Matte Lip Pencil in Red Square, \$26



4

LONG-LASTING FRAGRANCE

"I layer two men's scents—it ends up musky, but still light and clean."

3

STATEMENT JEWELRY

"My outfits are simple, so I use bracelets to add interest."

FROM TOP \$550; Vita Fede.com. \$72 for two; RueGembon.com. \$300; VitaFede.com



5

A CLOSET MVP

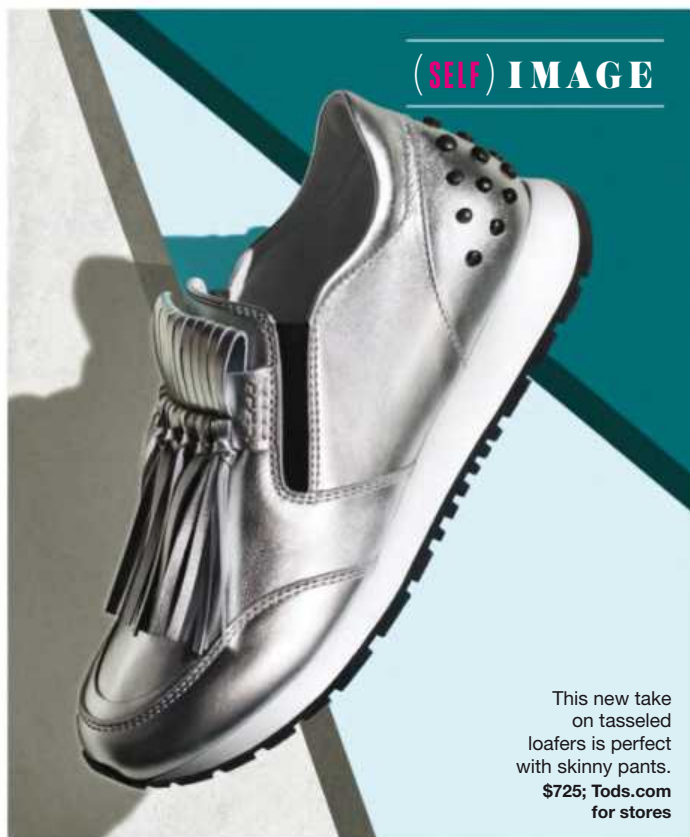
"I keep a blazer in rotation. With a slouchy tee and jeans, it's my get-out-the-door-fast outfit."

\$598; Marissa-Webb.com





Textured leather gives high-tops an extra luxe vibe.
Feiyue, \$130;
Feiyue-Shoes.com



(SELF) IMAGE

This new take on tasseled loafers is perfect with skinny pants.
\$725; Tods.com for stores

THE FIND

SILVER SNEAKS

➔ *With a metallic finish and modern details, your go-to pairs are now party-ready.*



Classic low-tops feel of-the-moment in a sleek platform style.
Loeffler Randall, \$295;
Amazon.com



A little sparkle (OK, a lot) makes these an instant mood booster.
Maje, \$325;
Us.Maje.com

Photographed by JOEL STANS
Market and accessories director DANA ORTIZ

BEAUTY BUZZ

→ SELF's beauty department shares this month's best finds.

Fresh Eir

A weekend of snowboarding sounds like fun...until you remember the inevitable bumps and bruises that come after a few runs down the mountain. Fortunately, body-care line Eir NYC is made with the needs of active girls in mind. Developed by a surfer to relieve her own sports injuries, these products address a variety of pre- and postsweat issues. The softly whipped Antiseptic Butter treats cuts and scrapes with tea tree oil and myrrh, while coconut oil and shea butter in the Sport Balm help prevent chafing from close-fitting workout gear. New-for-winter additions include Snow Patrol, a sun protector that also guards against windburn, and arnica-infused Post Session Salts, to soothe aches in one calming soak. So don't hold back from tearing up the slopes this season—this collection has your back (and arms and shins, too).



Eir NYC Post Session Salts, \$26; Sport Balm, \$30; Snow Patrol, \$30; Antiseptic Butter, \$24; Cooling Butter, \$24



LOOK WE LOVE

Do the twist

Sleek, chic, cool—this rope braid is a triple threat. Spotted backstage at Public School, the sporty look is “clean and strong, but quite feminine as well,” says Allen Ruiz, Aveda global artistic director for hairstyling. Here's how to DIY.

- 1/ PREP** Apply a body-boosting product like Suave Professionals Luxe Style Infusion Volumizing Weightless Blow Dry Spray (\$5) to damp hair. Blow-dry hair straight, brushing it back on the head.
- 2/ PULL** After gathering hair into a high ponytail, wrap an elastic tie around the base three times. Take a small section of hair from beneath the pony, then wrap it around to hide the elastic. Secure with bobby pins.
- 3/ DIVIDE** Warm a dime-sized dollop of Aveda Smooth Infusion Nourishing Style Creme (\$26) in your palms and work throughout the ponytail. Separate the hair into two equally sized portions and hold one section in each hand.
- 4/ WIND** Tightly twist each section using a clockwise twirling motion. Then twist the two sections around each other, moving in the opposite direction. Secure with an elastic; smooth ends with styling cream.



FROM SCALY
TO HEALED
IN 5 DAYS

Prescription strength
moisturization without
the prescription to
heal very dry skin.



THE HEALING
POWER OF



WIN THE MAKEUP MARATHON

You'll be going strong well past midnight on December 31. Why shouldn't your makeup keep up? A few spritzes of Urban Decay All Nighter setting spray (\$30) will help your "face" stay in place without feeling sticky or heavy—and there's an oil-free option, too. Need a budgeproof statement lip? A swipe of L'Oréal Paris

Infallible Pro-Last Lip Color (\$13), available in 24 shades from baby pink to deep raisin, seals in pigment with a hydrating balm. For eyes, Pür Cosmetics Eye Polish (\$26) boosts powder shadows' overall intensity but provides a long-lasting, subtle metallic shimmer on its own. (Our pick: Caviar, a sparkling blackened gold.)

Finally, Marc Jacobs Beauty Sky-Liner offers gellike staying power with seven miniature crayons tucked into a glossy pouch. The easy-to-apply formula sets in seconds and won't smudge or migrate once dry. It's waterproof, too, just in case hearing "Auld Lang Syne" at midnight gets you a little misty-eyed.

Marc Jacobs Beauty The Sky-Liner Petites Highliner collection, \$48 for set



GAME CHANGER

Cap Beauty

WHO Kerrilynn Pamer and Cindy DiPrima, cofounders of the New York City beauty boutique, spa and e-commerce site

WHY Cap Beauty's jewel box of a store stocks a bevy of under-the-radar beauty finds, from May Lindstrom Skin masks (\$90) to W3LL People glow-enhancing highlighter (\$35) and Shiva Rose body oils (\$60). "There isn't a single place we knew of that had all of these fantastic brands under one roof," Pamer says. Not heading to NYC anytime soon? Make a virtual visit via CapBeauty.com, where best sellers include Rahua shampoo and conditioner (\$32 each).

WHAT'S NEW A cozy three-room spa offers customized facial treatments, acupuncture and prenatal massage. All sessions conclude with a personalized, multipage guide for at-home care, plus a cup of the house beverage: a hand-mixed tonic loaded with coconut butter, full of vitamins D and E and accented with Chinese herbs.

WHAT'S NEXT A blog, The Thinking Cap, will cover meditation, product picks, fitness tips, clean eating and even interior design. "Our tagline is 'Beauty is wellness and wellness is beauty,'" Pamer says. "We don't feel like those two can exist without each other."



FROM LEFT: SASHA ISRAEL FOR BONBERI. JOHN VON PAMER. STILL LIFE: DEVON JARVIS.

CONSIDER YOUR FOLLICLES

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Use as directed. *Based on hair count in a 6-month placebo-controlled clinical study (n=454). **Based on mean hair strand diameter.

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SPOTLIGHT

GIVE & GET PRETTY

→ Jewel-toned makeup, fragrant bath oils and guilt-y pleasures to share with someone you love (or to treat yourself)



This season, score major gifting points with luxe little things. Mini Tom Ford lipsticks make decadent stocking stuffers, while a Chanel top coat adds festive flecks of gold. D.S. & Durga Poppy Rouge perfume will please the cool-girl crowd, or try amber candles from Diptyque, which warm up wintry nights with a hint of cinnamon and brown sugar. Add jewel tones with Bobbi Brown marbled shadows, bring the drama with a Lancôme eye-and-lip palette, or give good vibes with Aromatherapy Associates bath oils that channel inner strength and relaxation. Winners, every one!

1 Tom Ford Lips and Boys lipstick in Addison, Richard and Cary, \$35 each 2 D.S. & Durga Poppy Rouge, \$145 3 Chanel Le Top Coat in Lamé Rouge Noir, \$27 4 Diptyque Liquidambar candle, \$70 5 Lancôme My French Noel Palette, \$65 6 Aromatherapy Associates Ultimate Bath Jewels set, \$98 7 Bobbi Brown Sequin Eye Shadow in Moon Rock, Star Beam and Comet, \$36 each

PROP STYLING: SARAH SMART.

(SELF)

MOTIVATE

LEARN THE ROPES

➔ *No wonder swinging this gym staple is the hottest way to train: The simple move burns crazy calories.* BY JEANINE DETZ

You don't just look like a badass when you use the heavy battle ropes at your gym—you're also training like one. The tool, which typically weighs 20 to 50 pounds, tones all over and revs your heart rate to about 86 percent of its max, a recent study in *The Journal of Strength and Conditioning Research* finds. (That's similar to running a sprint.) During the study, people quickly raised and lowered their arms for 15 seconds, then rested for 45 seconds. In 10 minutes, they'd burned an average of 110 calories.

The secret to all of that sizzle? "Exercising your top half requires more effort from your heart and lungs, because it has less muscle than your lower body," says Chuck Fountaine, Ph.D., lead study author and associate professor of exercise science at the University of Minnesota in Duluth. For even more burn, add leg moves (such as reverse lunges) like students do in the Ropes & Rowers class now in Equinox gyms nationwide. Focus on engaging your core while you're on the ropes and you'll target those abs, too.

SPORTS
BRA Lululemon
Athletica
SNEAKERS
Under Armour

Photographed by JUSTIN STEELE

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THAN MILK.**
PEOPLE WITH
TASTE BUDS
SAID SO.



Silk Vanilla Almondmilk is deliciously smooth and most people prefer its taste to milk. Try for yourself.

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#silkbloom

National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.



(SELF) MOTIVATE

HOT WORKOUT

UP YOU GO

→ Reap the rewards of rock climbing with a machine—and take your fitness to new heights. BY COURTNEY RUBIN

The number of climbing gyms has jumped nearly 50 percent since 2010, and for good reason: “When you climb, the effort is away from gravity,” says Michele Olson, Ph.D., professor of exercise science at Auburn University in Montgomery, Alabama. “It takes extra energy and power to go up compared to forward, like when running or cycling.”

Many gyms have climbing machines that allow you to cash in on the benefits. Boutique studios are even devoting whole classes to them: Rise Nation in Los Angeles features the VersaClimber (it’s like scaling a 75-degree mountain), and New York City’s As One Fitness uses a Jacobs Ladder (a cross between a ladder and a stair climber) in circuit sessions. Find a gym at IndoorClimbing.com, or do the workout at right on a climbing machine in place of your usual treadmill routine.

→ Rise above

Try this cardio-and-strength routine created by George Vafiades, cofounder of NYC’s As One Fitness studio. It’s great on a Jacobs Ladder, VersaClimber or any other climbing machine at your gym.

WARM-UP

Alternate jumping jacks and marching in place.

TIME 5 minutes

ROUND 1

Climb at a speed that makes you breathless (for all climbing sections) for 1 minute, then do squats (off the machine) for 1 minute. Repeat 3 times.

TIME 8 minutes

ROUND 2

Climb for 1 minute, then hold a low plank for 1 minute.

Repeat 3 times.

TIME 8 minutes

ROUND 3

Repeat Round 1.

TIME 8 minutes

COOLDOWN

Walk or climb slowly to catch your breath.

TIME 5 minutes

TOTAL TIME

34 minutes

New!

CREAMY
MEETS
DREAMY

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AND VANILLA



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Silk
helps you bloom®

Silk.com/Cashew

Boden
NEW BRITISH

A night to
REMEMBER.
A dress he won't
FORGET

BODEN.COM

FITTER IN 5 MINUTES

This do-anywhere workout may seem basic, but it fires up your muscles from head to toe. And it takes only 5 minutes—so you can knock it out on a busy day or before a party.

YOUR TRAINER Bob Harper, celebrity trainer and host of the *The Biggest Loser*, which starts in January on NBC

YOU'LL NEED a pair of dumbbells heavy enough to challenge you. Start with 5- to 10-pounders.

DO this workout up to seven days a week. Do 90 seconds of the broad jump (right). Rest 10 seconds, then do 90 seconds of any other move. Rest 10 seconds, then complete 90 seconds of any other move of your choice. Rest for 10 seconds. Repeat the sequence for 5, 10, or 15 minutes a day.



1 BROAD JUMP

Works legs, glutes

Stand with feet shoulder-width apart. Squat, then explosively jump up and forward (as shown), landing softly, feet under hips. Repeat.

2 BENT-OVER ROW

Works arms, core, back

Stand with feet hip-width apart, holding dumbbells at sides. Bend knees slightly and tilt forward at hips, back flat, arms straight, hands under shoulders. Bend elbows and lift weights toward chest (as shown). Extend arms and repeat.



3 DUMBBELL THRUSTER

Works shoulders, glutes, legs

Stand with feet hip-width apart, a dumbbell in each hand at shoulder. Squat as low as you can (as shown), then push up to stand and press dumbbells overhead in one movement. Return to squat and repeat.



4

HAND-RELEASE PUSH-UP

Works arms, shoulders, core

Start in a high plank, shoulders over wrists. Bend elbows and lower body (as shown) until chest, abs and hips touch floor. Lift hands a few inches, then place them on floor to push back up to start. Repeat.



5

BRIDGE WITH LEG LIFT

Works arms, core, glutes, legs

Lie faceup, knees bent, feet on floor, holding dumbbells. Bend elbows 90 degrees and open out to sides of shoulders. Squeeze glutes and raise hips into a bridge. Push dumbbells over chest as you extend right leg, keeping thighs parallel (as shown). Hold leg up as you do 2 chest presses. Lower leg and arms. Repeat, alternating sides.

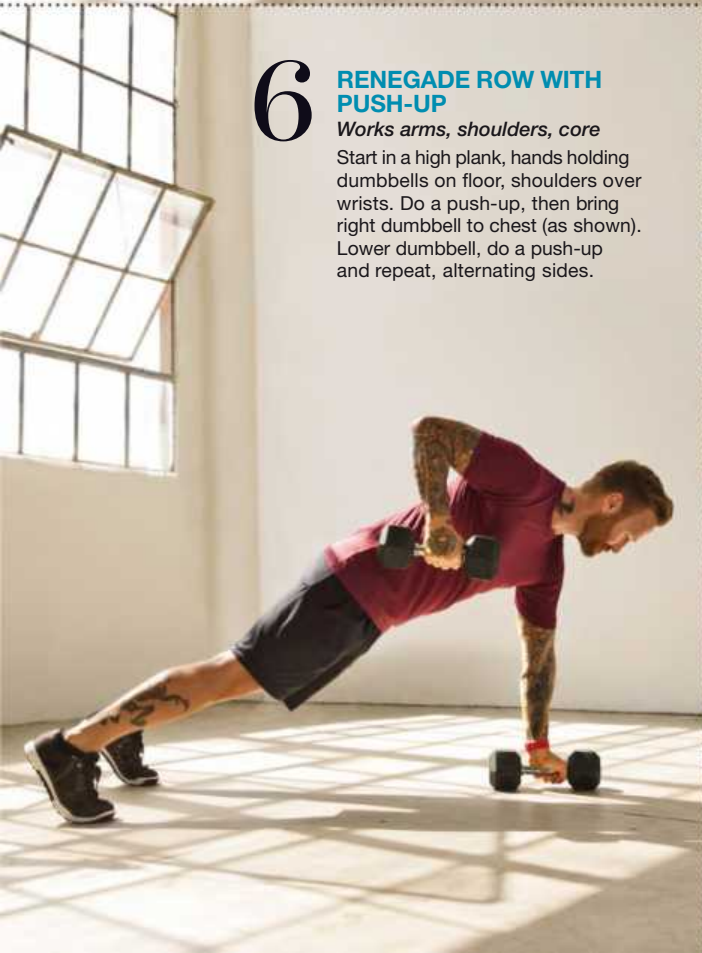


6

RENEGADE ROW WITH PUSH-UP

Works arms, shoulders, core

Start in a high plank, hands holding dumbbells on floor, shoulders over wrists. Do a push-up, then bring right dumbbell to chest (as shown). Lower dumbbell, do a push-up and repeat, alternating sides.



7

SIDEWINDER BURPEE

Works arms, core, legs

Stand with feet shoulder-width apart. Squat, place hands on floor, jump feet straight back and lift left leg and draw left knee across chest to right elbow (as shown). Step foot back, hop feet toward hands and jump up, clapping hands overhead. Immediately squat, jump back and repeat, alternating sides.



SHAZAM THIS PAGE FOR
VIDEOS OF ALL THE MOVES.



SHAZAM THIS PAGE TO SHOP EVERY ITEM YOU SEE HERE.

GYM BAG

SNOWBOARDING → *Stand out on the slopes, whether you're a newbie or a pro rider, with this powder-perfect gear.* BY MEG LAPPE

1 This board's slightly serrated edge gives you more freedom on turns. **Beauty, \$540; Gnu.com**
2 Super warm, slim-cut pants are flattering, and the flexible fabric moves with you on all your runs. **Warrior, \$270; Obermeyer.com**
3 Rock a fun après beanie made from warm, breathable merino wool. **Oversized Pom Toque,**

\$75; Canada-Goose.com
4 Heated film inside the lenses of these scratch-resistant goggles helps keep them fog-free. **Stealth, \$250; Shop.Abom.com**
5 Record epic runs with this touchscreen video-camera hybrid, then share instantly with built-in Wi-Fi and Bluetooth. **Hero4 Silver, \$400; GoPro.com**

6 Four-way stretch and side hooks on this soft sports bra equal a snug fit. **Lolë Zion, \$55; LoleWomen.com**
7 This lightweight coat pairs duck-down insulation with a waterproof shell to keep you toasty and dry in the snow. **Cascade Down, \$250; Obermeyer.com**

8 The cozy—and waterproof—interior of these gloves reflects body heat, so hands stay warm. **HeatWave+ Shimmer, \$64; Seirus.com**
9 SPF 30 protects you from snow-reflected rays; fruit extracts nourish skin. **Mineral Crème, \$30; Sephora.com**
10 A cork insole supports arches and absorbs shock, while click-and-twist

closures stay secure. **Aura, \$250; Vans.com**
11 Clip your helmet on the bag's front loops and slip a board through the back; wide straps let you carry it all comfortably. **Women's Heli Pro DLX, \$110; Dakine.com**
12 This moisture-wicking base has a zip collar to let in air if you overheat. **C9 Champion Performance, \$30; Target.com/C9**

START HERE!

→
Cook
these

FENNEL

OLIVE
OIL

DIJON
MUSTARD

CHICKEN
THIGHS

MAPLE
SYRUP

BABY
SPINACH

THYME

CRANBERRIES, 3 WAYS

→ Full of vitamin C and fiber, these little red berries deliver a sweet, tart punch to three delicious recipes.

BY LARAIN PERRI

↑
Bake
these

2

Combine
these

←

WHITE
BALSAMIC
VINEGAR

CLUB
SODA

CLOVES

SUGAR

SHAZAM THIS
PAGE FOR MORE
CRANBERRY
RECIPES.

1 Cranberry Roast Chicken

SERVES 2

Heat oven to 450°. Cut a fennel bulb into wedges; toss with 2 tsp olive oil. Spread 2 tsp oil and 1 tsp Dijon mustard over 2 chicken thighs. Arrange with fennel on a baking sheet; roast 25 minutes, turning once. On another baking sheet, toss ⅔ cup cranberries with 1 tbsp maple syrup and 2 tsp oil; roast 12 minutes. Divide 4 cups baby spinach between 2 plates. Top with chicken, fennel, cranberries and ¼ tsp chopped thyme.

NUTRITION INFO 609 calories per serving, 46 g fat (10 g saturated), 17 g carbs, 5 g fiber, 34 g protein

2 Cranberry Shrub

SERVES 2

In a small saucepan, combine ½ cup cranberries, ⅓ cup water, 2 tbsp white balsamic vinegar, 2 tbsp raw sugar and 3 whole cloves. Bring to a boil; reduce heat. Cover and simmer until cranberries collapse, about 10 minutes. Cool, press through a sieve, and chill 2 hours. Divide between 2 ice-filled glasses; top with club soda. Garnish with frozen cranberries.

NUTRITION INFO 74 calories per serving, 0 g fat, 18 g carbs, 1 g fiber, 0 g protein

3 Cranberry Baklava Tarts

SERVES 2

Heat oven to 350°. In a small saucepan, combine 3 tbsp honey, 2 tbsp water, a 2-inch piece lemon zest, 1 tsp lemon juice, 1 cinnamon stick and 2 slightly crushed cardamom pods; bring to a boil. Reduce heat; simmer 10 minutes. Strain and cool. On a baking sheet, divide ¼ cup cranberries and 3 tbsp unsalted pistachios among 6 mini phyllo tart shells. Bake 10 minutes; cool. Drizzle 1 tsp syrup over each tart.

NUTRITION INFO 169 calories per serving, 6 g fat (1 g saturated), 29 g carbs, 3 g fiber, 3 g protein

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GET GLOWY SKIN WITH FISH THAT'S HIGH IN OMEGA-3 FATTY ACIDS.

EAT CLEAN

PRE-PARTY PLAN

➔ *Got a big night out? You'll look and feel amazing after a day of radiance-boosting, tummy-flattening dishes.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Fried-Egg Toast With Papaya-Avocado Salsa

In a bowl, combine 2 tbsp chopped papaya, ¼ cup diced avocado, 1 tbsp chopped red onion, 1 tsp apple cider vinegar, a pinch of sea salt and 2 tsp sesame seeds. In a large skillet over medium-high heat, heat 1 tsp olive oil and add 1 egg; cook until white is firm and yolk is set, 3 to 4 minutes.

Toast 1 slice whole-wheat bread and arrange on a plate; top with egg, salsa and another pinch of sea salt.

NUTRITION INFO 318 calories, 20 g fat (4 g saturated), 28 g carbs, 8 g fiber, 8 g protein

LUNCH

Kamut Bowl With Chicken and Brussels Sprouts

In a grill pan over medium-high heat, grill 1 chicken breast (3 oz), seasoned with salt and pepper, until cooked through, about 4 minutes per side. In a bowl, combine

1 cup cooked kamut, ½ cup raw shredded brussels sprouts and ½ cup raw shredded beets. In another bowl, whisk together 1 tbsp lemon juice, 2 tsp olive oil, ½ tsp Dijon mustard, ½ tsp honey, ¼ tsp salt and 1 tsp chopped fresh sage. Arrange kamut on a plate, top with chicken and drizzle with dressing.

NUTRITION INFO 506 calories, 13 g fat (2 g saturated), 70 g carbs, 11 g fiber, 33 g protein

DINNER

Arctic Char With Asparagus and Ginger-Fennel Wild Rice

Heat oven to 475°. Using a mandoline, thinly slice half of a large fennel bulb. On a baking sheet, toss 6 spears asparagus with ½ tsp olive oil and a pinch of salt. Bake until just tender, about 8 minutes. In an ovenproof skillet over medium-high heat, heat 2 tsp olive oil; add 1 Arctic char fillet (5 oz), seasoned with salt and pepper, skin-side up. Cook until a crust develops, about 2 minutes. Flip and

transfer to oven; cook 5 minutes. In another skillet over medium heat, heat 1 tsp olive oil and 1 tsp butter. Add fennel, ½ tsp finely chopped ginger, ½ tsp finely chopped garlic, ¼ cup sliced scallions and a pinch of salt; sauté until tender, about 5 minutes. Stir into ¾ cup cooked wild rice; serve with fish and asparagus.

NUTRITION INFO 539 calories, 30 g fat (7 g saturated), 34 g carbs, 6 g fiber, 35 g protein

SNACK

Pineapple, Coconut, Parsley and Cucumber Smoothie

In a blender, combine liquid and flesh of 1 young coconut (or 1 cup coconut water and 3 tbsp coconut milk), ½ cup roughly chopped seeded cucumber, ½ cup frozen pineapple chunks and 1 tbsp chopped parsley. Blend until smooth and serve.

NUTRITION INFO 227 calories, 10 g fat (9 g saturated), 33 g carbs, 4 g fiber, 3 g protein

➔ **BONUS!** For more flat-ab foods, go to Self.com/flatabfoods.

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Caroline Ventura Designer, Brvtvs and Partner, Calliope

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Tori Kelly Belts Out
Her Hit Songs



Guests Enjoy Corona Light and Play Lawn
Games in the Corona Light Party Pit

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SELF ROCKS

On Saturday, August 22nd, SELF hosted an intimate concert at Moby's in East Hampton to celebrate what brings people together—music.

The night featured acoustic performances by top-selling recording artists Tori Kelly and Elle King. They performed hit songs, including King's "Ex's and Oh's," and Kelly's "Nobody Love" and "Should've Been Us."

SELF fans were able to tune in to a live Periscope of the performances with a special intermission brought to them by Zoya, featuring summer beauty trends. Guests left with a gift bag filled with products by Coola, thinkThin, Herbal Essences, and Zoya; a special discount from Tommy Bahama; a custom tumbler by Natalie's Orchid Island Juice Co.; and a copy of SELF's September issue.

COOLA.

Corona
Light

Herbal
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Tommy Bahama

ZOYA

All photos courtesy of Associated Press

Guests Watch the Live Performances
Under the Stars in Moby's Backyard



Elle King Rocks
Out on Stage



(SELF) WORTH

TIME TO PARTY

→ *Taking a minute for yourself can help you power through a packed calendar.*

BY KRISTIN CANNING

The holiday season can seem like the best kind of endurance test—fun, festive, action-packed. But how do you pace yourself to stay energized and avoid burnout? Gym workouts definitely give you a lift, but the more you can get *outside*, the better. Research shows that just five minutes of “green activity” can help relieve mental fatigue. “It can be as simple as walking rather than hopping in a cab to get to the next party,” says meditation coach Kelly Morris. If that’s not possible, try queuing up Spotify before you head out. “Studies show that listening to music can reduce stress and improve your mood,” says Holly Phillips, M.D., author of *The Exhaustion Breakthrough*. And if you hit a wall later in the night, harness your highest vibes with this easy meditation trick from Pedram Shojai, author of *The Urban Monk*. Take 10 deep breaths, visualizing energy spreading through your body. As you exhale, imagine sending all that energy outward to illuminate the room, like a lightbulb. It’s a move that makes you feel “instantly calm yet alert,” says Shojai. After-party, anyone?

SOURCES: JULES PRETTY, UNIVERSITY OF ESSEX, AND UMA GUPTA, BANARAS HINDU UNIVERSITY

SELF MADE

MAKE SUCCESS A TEAM EFFORT

→ *It's just more fun that way. See how **Outdoor Voices** founder, Tyler Haney, and her squad motivate and inspire each other.* BY JEN SCHWARTZ

Tyler Haney, 27, grew up playing sports. “I always worked out in stuff with neon or crazy logos. It was all screaming ‘Harder, faster, better!’” she says. But the Colorado native didn’t connect with that ultra-competitive aesthetic. So, after studying at Parsons School of Design in New York City, she launched her own brand, Outdoor Voices, in 2013. The line is about high-performance activewear with a low-key vibe: leggings, sweats and tops in soft fabrics and muted colors, for when you’re on the go or kicking back.

Striking that balance between work and play is something Haney is familiar with. While her brand has taken off, she still makes time for friends, many of whom run similarly buzzed-about wellness-minded businesses in NYC. Her squad includes Krissy Jones, 27, and Chloe Kernaghan, 27, founders of Sky Ting Yoga; and Sabrina De Sousa, 31, the restaurateur behind healthy hot spot Dimes. The group regularly meets up to get sweaty and encourage each other. “Doing activities with friends who are on similar paths recharges you,” Haney says. Here, their tips for staying energized when putting in long hours.

MOVE MORE “My best ideas often occur when I’m physically moving, so I try to incorporate casual activity into everything I do, from bike commuting to walking while taking business calls,” says Haney.

PSYCH YOURSELF UP “When you’re starting an all-consuming project, it’s easy to feel overwhelmed. I keep what I think of as a ‘treasure box full of grit’ inside myself for those tough times,” says De Sousa.

SCHEDULE ME-TIME “I treat taking care of myself as an appointment so that I won’t bail on it,” says Jones. “I tell my students to commit to a simple, daily practice of checking in with themselves. Even taking five minutes to stretch is better than doing nothing.”

HEADSPACE

“I work my body for my mind,” Haney says. “Exercise makes my brain happy and keeps me centered.”



7 million dollars: what Outdoor Voices just raised in funding

“I was told no so many times,” says Haney. “It fueled my persistence, and I learned that developing patience was valuable.”



POWER HANG

“While pursuing your dream, your confidence waxes and wanes,” says Haney, with De Sousa (center) and Kernaghan. “It’s been so cool for us all to connect and be in this together.”



Try a workout happy hour

Haney's go-to trick helps her team break away from the office and strengthen their bonds.

"We all go to Sky Ting Yoga once a week, and we'll often invite friends and other NYC businesses to play basketball with us. On the court, as in the office, we're working together to accomplish a common goal. When you're doing something physical, your

guard comes down and it's easier to connect with one another. Plus, the endorphins definitely help! So many of us did team sports as kids—why not start an office intramural for soccer or softball and continue this in our adult lives?"



LEAN ON ME

"My business partner, Krissy (right), inspires me," says Kernaghan (left). "We encourage each other to take breaks and not hold ourselves to impossibly high standards."

CREATE WHAT YOU CRAVE

"I'm designing for people like my friends—we're all active and fit but not defined by it," Haney says. "When you have a vision and feel like you don't see it in the market, you have to find the courage and focus to keep honing it until it becomes real."



Mock crop top, \$55, and leggings, \$80; Outdoor Voices.com

STYLING: GISELLA LEMOS; HAIR: YUKIKO TAJIMA FOR ORBEE; MAKEUP: AKIKO SAKAMOTO FOR LAURA LEE; HAIR: JESSICA BROWN FOR LAURA LEE; STYLING: SALLY PENN; BOOK COVER: COURTESY OF LITTLE BROWN; BOOK: GETTY IMAGES; SEE GET-IT GUIDE

Photographed by TAYLOR JEWELL

Q/A

THE EXPERT AMY CUDDY, PH.D.

In a follow-up to her famous TED talk on power poses, the Harvard Business School professor's new book, *Presence*, is about how to summon confidence in high-pressure situations.



What does it mean to have presence?

A/ It's when you're truly in the moment. You feel fully engaged in a conversation instead of stuck in your own head, second-guessing yourself. Presence allows you to better connect with other people while being your sharpest, most relaxed self. People sometimes confuse it with charisma, but it's not a personality trait; it's a state of being that comes and goes. We all get distracted sometimes. But when you're present, you project confidence without arrogance, and your verbal and nonverbal behaviors are in sync.

Why is presence so important?

A/ Because when you're under pressure—in a job interview, for example—having presence allows you to process information in real time and respond with enthusiasm and clarity. When you're anxious and distracted, you can't do that. Instead of thinking about what's actually happening, you might fixate on what you *fear* is happening; you worry that people are judging you, even though that's usually untrue. When you can ignore all that noise, you can be truly authentic—and that makes people trust you and believe your message.

How do you work to develop presence on a daily basis?

A/ The goal is to feel powerful and in control. Focus on your body language, which has profound effects on your mind-set and behavior. Even just sitting upright with a straight spine will make you feel more powerful, so set hourly reminders on your phone to check your posture. Then, before an interview or presentation, use what I call the big poses. At home or in the elevator, stand like Wonder Woman, or like you just won a race. (If you can't do it physically, be a superhero in your own thought bubble.) Also, practice speaking slowly: Presence is about taking up physical *and* temporal space.

LEARNING CURVE

THE SURPRISE TURNAROUND

→ **Kari Molvar** and her father never bonded over sports—or anything else. Until she learned that in relationships, as in football, things can change late in the game.

The winter air was brisk, and the sun beat down. I was about 12 years old, standing in the football stadium in Foxborough, Massachusetts. It was my first game, a showdown between the New England Patriots and the Miami Dolphins. Even before the kickoff, the crowd was warmed up and getting pretty rowdy in their seats (this was Boston's team, after all). I, too, was ready to shout from the stands and wave my enormous foam finger! Instead, a pack of beer-swilling fans blocked my view. Every so often, I was able to catch glimpses of the coaches, wearing thick headsets and yelling from the sidelines, the referees waving yellow flags, the players huddling up with their heads bowed down. I didn't know much (OK, anything) about football at this point, but I'd hoped my dad would chime in and explain the basics of a running play or defensive tackle. And what was a blitz?

What really happened is that we barely spoke. Not because our words were muffled by the deafening roar of the crowd, but because he seemed to forget I was even there. He and my older brother stood next to me, fully absorbed in the action on the field—the fast snaps of the ball, the crush of the players as they collided. I, meanwhile, became fixated on the scoreboard clock, counting down the minutes of the quarters, which seemed to stretch on for eternity. As fans screamed around me, “Squish the fish!” I felt completely ignored, let down by what I thought would be a bonding experience. The Patriots took home the win that day, but I left feeling defeated.

In all fairness, I did walk into that stadium with high expectations. My older cousin Alyssa and her father are *crazy-intense* Giants fans. Growing up, I remember them wearing blue-and-white jerseys as they drove off to games (just the

two of them), talking about players' stats and sharing superstitions (never TiVo: bad luck!). Football was their passion—the thing they bonded over, talked about and related to each other through. I envied my cousin's closeness with her father; their steady, uncomplicated relationship mirrored all that was missing between my dad and me.

My dad may have loved the Patriots, but his real obsession was work. Born in Brooklyn, he grew up in the *Mad Men* era, when men went to the office and women stayed home to raise the children. His parents, my grandparents, were immigrants from Poland and Norway who taught him to bootstrap his way through life. They lived in a modest apartment, and my dad paid his way through college with scholarships. Afterward, he got a Ph.D. in chemical engineering and landed a job in a manufacturing plant, putting in the sweat to eventually rise

from manager to vice president. He's always been a serious guy: measured, controlled and prone to windy speeches filled with somewhat pat advice ("Good talent rises to the top, Kari!").

When he married my mom and started a family, he relaxed a tiny bit... on weekends, at least. In place of suits, he'd wear khakis and a blue polo shirt—weathered, like his hands and face, from sailing off the coast of the small Rhode Island town where I grew up. As a kid, I remember climbing the stairs to his third-floor office and settling into his lap, asking him to help me trace the letters of the alphabet with a pencil. He was instructive in those days, like a coach, but patient. In the summer, he'd buy huge lobsters from the fish market and set them loose on our lawn; my mom, brother and I would scream in delight as my dad dangled his fingers between the lobsters' snapping claws. But on weekdays, he left for work before dawn and returned home when I was in bed. The only sign he had come back at all were the black wingtip shoes he left by the kitchen door, warning my brother and me never to touch them because they were "covered in toxic chemicals."

But kids are resilient, and I was no exception. I learned to adapt to my father's absences. In family photo albums, I'm grinning ear to ear in all the scenes he missed: the trip to visit distant relatives in Norway, where we took boat rides down the fjords and sampled homemade fish pudding (definitely not the highlight of the trip!). Friday nights spent sitting with my brother in corduroy armchairs, watching *Dukes of Hazzard*. Winning soccer matches. Getting dressed up for school dances.

As I got older, I didn't mind my dad not being around because things were so difficult when he was. We butted heads like rivals on opposing teams. He seemed more comfortable issuing orders ("Rake the leaves," "Clean up this mess") than asking me about my friends, my school-work or what book I was reading. I started to resent how he'd drop into my life on the weekends and tell me what to do.

Rather than deal with my anger, I shut my dad out. When I called home from college, I barely mustered a hello before asking for my mom. I skipped out

on family sailing trips; I changed my seat at holiday dinners so I wouldn't have to sit next to him. I built a wall between us. It might have been childish, but I wanted to hurt my dad as he had hurt me—to punish him for not being the father I needed.

Yet he never pulled me aside to ask what was wrong. Instead, when I'd toss him a surly look or comment, he'd complain to my mom, who would then criticize me for being rude and inconsiderate ("You should be grateful that your father gives you a roof over your head," she'd tsk-tsk). This became a pattern: Rather

IT MIGHT HAVE BEEN CHILDISH, BUT I WANTED TO HURT MY DAD AS HE HAD HURT ME—TO PUNISH HIM FOR NOT BEING THE FATHER I NEEDED.

than reckon with each other, my dad and I communicated through my mom, our default referee, who inevitably flagged me for every penalty. I stewed in my frustration. He pretended everything was fine, which only made me more annoyed.

It wasn't until I had two kids of my own that my perspective started to shift. After my younger daughter, Jemma, was born, Chloe, then 20 months, spent more time with my husband (who wasn't busy with around-the-clock feedings). They became so close that Chloe started to prefer him. If she had a nightmare, she'd yell at me to leave her room and insist that I go get her dad. When I picked up a book to read to her, she'd say: "Not you, Mom, I want Dad." All the parenting blogs told me this was a passing phase (and it was), but it was still painful. I wondered one day if this was how I'd made my dad feel for the past 20 years.

Then, last Christmas, my mother and I were packing up old baby clothes in her attic and talking about my childhood when she said, while folding a cotton onesie, "You know, your father never felt confident with you kids, even as babies." She went on: "I think he worked hard to provide for you instead—that was something he could be good at." I felt a stab of compassion for him. I thought back to those family trips he'd missed. Maybe what I'd seen as workaholism was just my dad trying to give me the worry-free childhood he never had. And maybe, while trying to teach him a lesson,

I had become as remote and emotionally unavailable as he was (gulp).

And so I buried some of my pride and decided to change things. I let down my guard slightly; I lingered on the phone, making small talk when I called home. During family dinners, I left my chair next to his, and I didn't tense up when his hand rested on my shoulder. Once I stopped holding so tightly to my grudge, the ice between us melted a bit.

I've also started to see him through my kids' eyes. I had expected my dad to be uninvolved as a grandfather. Instead, he

changes diapers (so what if he confuses swim diapers with pull-ups?), fills my daughters' bottles with milk at night and asks them thoughtful questions ("So, Chloe, is purple really your favorite color?"). I just blink in amazement. I know, deep down, that loving my daughters is the best way he knows to love me—and that has made it easier for me to love him. I'll still probably never call him for life advice, but I've finally started appreciating him for who he is rather than always wanting to change him.

And I never thought I'd say this, but on a recent winter day, I even bonded with my dad over a spontaneous game of "football" at my parents' house. There were no jerseys handed out, no pregame warm-up involved. Instead, the game started with my dad pulling a tag-you're-it move on Chloe, who immediately spun around and tried to tag back my dad. He jumped out of the way just in time, as her fingers brushed the air. Undeterred but sensing that she needed offensive support, she grabbed Jemma's hand and yelled, "We're coming to get you!" Game on, Grandpa.

As I watched my girls chase him around the yard and triumphantly tackle him on the dew-soaked grass, I saw my dad's eyes crinkle with laughter. His gaze rested on me, and I fought the urge to look away. Instead, I smiled back at him. I realized that, in this moment, I no longer viewed him as an opponent—as someone to push away. For the first time, it felt like we were on the same team. ●

LOVE & CHEMISTRY

YOU, ME AND THE HOLIDAYS

→ *The pressure of the most wonderful time of the year can be a lot—here's how to ease up and enjoy it more.* BY JEN DOLL

Love is all around you this season. And while that's great, the expectation that every moment will be merry and bright can put a lot of stress on any relationship. Between the nonstop party schedule, awkward conversations with your partner's family and gift situations ("Wait, I thought you didn't want anything!"), there's a lot to navigate together. It's true that the holidays might not be perfect, but when you let go of the fantasy in your head and find easy ways to connect with your significant other, they can actually be more fun than you might think. Here's how to savor things:

UNWIND WHEN YOU CAN Home is where the heart is...and where your bickering parents, crazy siblings and 92-year-old grandmother are, too. You're probably not used to being around them 24/7. But this is when you can use the hustle and bustle to your advantage and toss in some away time for you and your partner in the name of helping out. Offer to run out and get milk. Or take the dog for a walk. Or buy firewood—so what if you're celebrating in balmy Florida? The point is to get out of the house for at least 20 minutes, so you two have a chance to bond, laugh about your mom's penchant for decorating with Kewpie dolls and catch a breather.

PACE YOURSELVES WITH PARTIES Because you usually won't end up spending much time with your date. If it's a work thing, you probably need to schmooze a bit; if it's a friend's dinner, you might be seated next to someone random. Still, you can connect in subtle ways. Making eyes at each other across the room can send a look that says "We're totally leaving in an hour" or "You're so sexy over there, drinking a cocktail from a reindeer cup." And remember, you can say no to invites. At some point, you'll need (and want) a night in, just the two of you.

RELAX ABOUT THE GIFTS If you go in thinking you need to find that amazing sweater or food-of-the-month club that perfectly sums up how much you love your partner, you may drive yourself crazy. Don't overthink it: Instead, simple, thoughtful gestures often go over best (e.g., upgrade those running shoes he or she wears all the time). And if you're really stuck, go for something you can experience together (sign up for parkour classes or book a cozy cabin in the woods somewhere).

DON'T FORCE IT Not every holiday has to be spent together. Maybe you're not ready to take that step in the relationship yet. Or it's too complicated to visit both families. Even if you're apart, you can create your own traditions: String up lights and sip hot toddies early in the month. The date isn't important—having fun is. And if you're not coupled up? Do the above with friends you love. When you focus on good company and great vibes, you'll realize it's not the time of the year but your attitude that makes any season bright. ●



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- 2. BOXING GLOVES** Sleek enough to fit in your day bag. Seletti Boxitalia, \$90; ShopHorne.com
- 3. HEAVY BAG** The chicest way to throw a punch. Seletti Boxitalia, \$380; ShopHorne.com
- 4. HEADPHONES** A control button on the earpiece makes skipping tunes a cinch. \$60; Skullcandy.com
- 5. SOCCER BALL** For the soccer fan who has everything: This designer objet. \$2,850; Fendi.com
- 6. YOGA MAT** Keeps your Warrior pose in line. \$96; OlympiaActivewear.com
- 7. SPORTS BRA** The simple but edgy design stands out. \$98; EspalierSport.com
- 8. CYCLING SHOES** Soft microfiber makes for a cushy ride. \$400; Specialized.com
- 9. CHARGING DOCK** Recharge your Apple Watch on a marble dock. \$119; NativeUnion.com

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Weighted handles amp up the intensity of your cardio.

1

2

9

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7

POWER UP

This charging dock lets you keep an eye on the time (or your fave fitness app).

CLIP IN

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SHORE THINGS

Headed to a sunny spot this holiday? These warm-weather finds will get everyone on your list #UpNOut in style.

COVER UP

A pearl-button back closure and scalloped neckline chic up this rash guard.

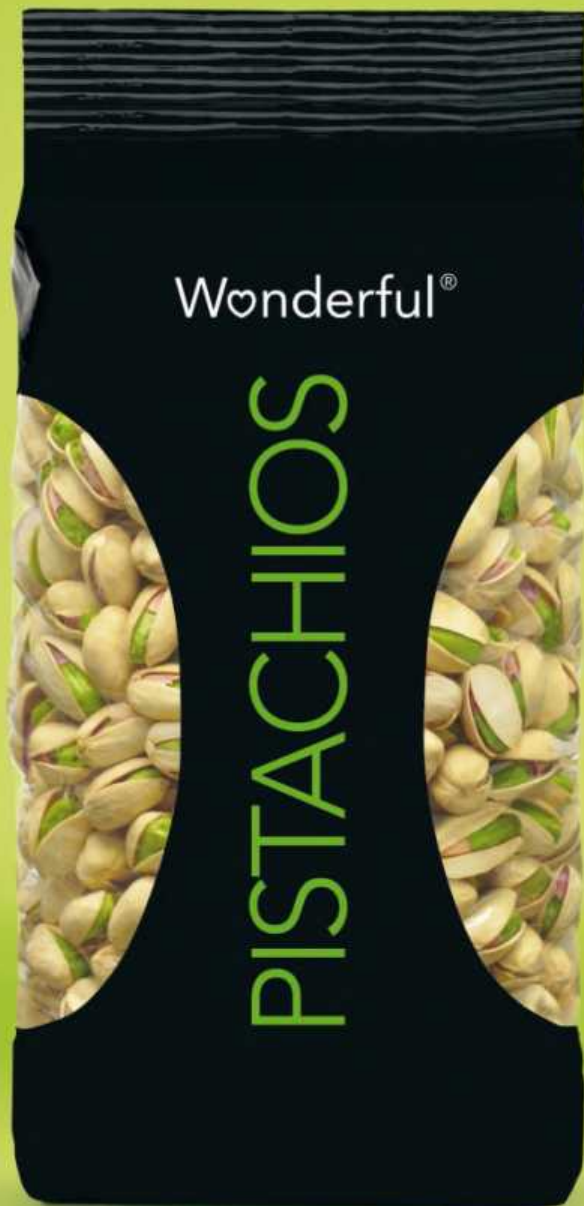


1. ACTION CAMERA A protective case lets you photograph underwater. \$500; Sony.com **2. SKATES** Stay out past sunset: These wheels glow in the dark. \$300; K2Skates.com **3. RASH GUARD** Surf-ready stripes keep you protected. Marysia Swim, \$231; EverythingButWater.com **4. SWIM BOTTOM** Neoprene stays put in the waves. Duskii, \$95; Bikini.com **5. BIKE** Grippy tires maximize maneuverability. \$1,500; Specialized.com **6. BACKPACK** A tropical-print knapsack for beach essentials. \$400; KhoiCorp.com **7. SUNGLASSES** Pink lenses perk up your look. \$185; WestwardLeaning.com **8. WATER BOTTLE** So genius: It tracks water intake. \$47; Hidrate.me **9. BASKETBALL** Monitor shots with its Bluetooth app. \$200; Wilson.com **10. SKATEBOARD** Skater cool with a feminine twist. \$175; MimiPlange.com

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MOUNTAIN MUST-HAVES

These cold-weather treasures can turn any snow day into an amazing workout.

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2. COAT This toasty parka goes from slope to street. Toni Sailer, \$1,449; MillerSportsAspen.com
3. BOOTS Channel après-ski cool in fox-fur-trimmed Moon Boots. Jimmy Choo Moon Boot, \$750; SaksFifthAvenue.com
4. SPEAKER Play music from this wireless speaker to set a fun, festive mood at the fire pit. \$100; OutdoorTech.com
5. GOGGLES Antifog lenses mean you won't miss a mogul. \$155; PocSports.com
6. SNOW PANTS Lined with fleecy fabric, this stylish, skinny pair keeps legs warm and dry. \$370; PerfectMoment.com
7. CAMERA Attaches to your helmet to record tricks on boards or skis. \$400; TomTom.com
8. SNOWSHOES Find the silver lining of a blizzard with these all-terrain shoes. \$180; AtlasSnowshoes.com

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BODY OF WORK

With the release of her first U.S. album on the horizon (at last!), singer-designer-actress **Rita Ora** is out to rewrite the pop-star playbook—and she's only just getting started.

BY LEIGH BELZ RAY



FRONT AND CENTER

"I'm treating this album as if it were my debut," Ora says. "It's like I'm starting from scratch."

SHIRT and **SNEAKERS** Calvin Klein Collection
LEGGINGS No Ka 'Oi

ON THE BALL

"When I've been really good with my body—no alcohol, no late nights, watching my diet, drinking water... I start to feel like a superhero!"

TOP and
SKIRT Versace

PHOTOGRAPHED BY MATT IRWIN
STYLED BY MELISSA VENTOSA MARTIN

"It's all about being proud of what we deliver," Rita Ora says, taking a deep breath. "Thinking we killed it." When Ora refers to "we," it's not because she's British and speaking in the royal sense; it's because everything she does is a team effort. Most often, the team is Rita and her sister, Elena, who is two years older and one of Rita's managers. Elena is the one who, on-set for Rita's SELF cover shoot, keeps the star's energy up with enthusiastic shouts of "You're hot!" She's also Rita's daily touchstone—especially when Team Ora is jetting from New York City to London, then rushing from *X Factor* tapings at Wembley arena to fittings with Karl Lagerfeld in Paris. (When it comes to working long hours, Rita says her sister is even *more* driven than she is: "She's worse than me!")

And drive is something the 25-year-old "Body on Me" singer has plenty of. She considers herself a singer first (her next album, as yet untitled, will be released in early 2016), but Ora also designs Adidas Originals by Rita Ora, a sporty-cool fashion line that's currently rolling out its third season. That's in addition to appearing in a couple of blockbuster movie franchises (*The Fast and the Furious*, *Fifty Shades of Grey*) and starring in ads for everyone from Calvin Klein to Roberto Cavalli.

"This year has been eventful, that's for sure," she says. "I finished my album and I'm so proud of it. And this was the first time I've done a show like *X Factor UK*, where it's all live. I've just expanded as an artist."

Still, music is the thing that really drives Ora. The caramel-voiced Londoner was only 19 when she was signed to Jay Z's Roc Nation label, attracting attention from critics who saw a major talent in the making. But though *Ora* was released internationally in 2012 and went platinum in the U.K., Ora the pop star has never had an album come out in the U.S.

"I'm treating this as if it were my debut," she explains. "It's like I'm starting from scratch. This is the first time everyone will see who Rita Ora is." She says the new album mixes pop with the classic belters—Freddie Mercury, Janis Joplin—who influenced her. "Artistically, I felt like when I first got signed, it was a race," Ora says. "I was just trying to please everybody, not realizing that it really should be about knuckling down to who you are as an artist."

Ora keeps close to the people who remind her of who she is—her definition of the word *family* extends to her team and friends from her childhood, including her longtime personal trainer, Nora Alihajdaraj, a major source of fitspo for Ora (see sidebar, below). In the West London neighborhood where Ora is from, "all of our parents had kids at the same time," she says. "So there's a group of us who grew up together. Elena's best friends are my best friend's older sisters—it's like generations of friends. And Nora is basically like our cousin; not blood, but she might as well be."

**"I FEEL MY
STRONGEST
ONSTAGE.
I STILL, TO
THIS DAY,
DO NOT KNOW
ANYTHING
BETTER."**

HER WORKOUT

Ora sees her personal trainer, Nora Alihajdaraj, at least three times a week when she's in London. "Rita is extremely motivated," Alihajdaraj says—and given Ora's incredibly busy schedule, they've developed this simple but ultra-effective routine.

SQUAT

(3 sets of 10 reps)

"This exercise works a huge chunk of the body, but mostly the quads and the glutes," Alihajdaraj says. "I always joke with Rita and say, 'Ass to the grass, please!'—I want her getting her thighs parallel to the ground, then going even lower."

PLANK

(3 sets, at least 1 minute per set)

"You shouldn't be able to see a curve on your lower or upper back: It needs to be straight like a table, hips parallel to the ground," Alihajdaraj says. "During the plank, squeeze your butt—it's part of your core, too!"

BURPEE

(3 sets of 2 minutes; do as many as you can in each)

"You want to do these with speed and intensity to get the most out of them," Alihajdaraj says. "Once you've mastered the move, add an extra challenge by doing a push-up after you kick your legs out."

PUSH-UP

(3 sets of 15 reps)

"It's just a great functional exercise. The narrower your arms are positioned during a push-up, the more the emphasis is on your triceps," Alihajdaraj says. "The wider they are, the more the emphasis is on your chest and anterior deltoids."

BRIGHT SIDE

"If I do have a bad day, I don't like putting it on other people," Ora says. "It's important to be positive."

SWIMSUIT Chanel
TANK Josh Goot





"I SEE MYSELF
AS A 360
ARTIST. I
LIKE TO DO
EVERYTHING."

BODY IN MOTION

"It's like you're an athlete," says Ora of her nonstop life. "You have to take care of your body so you can survive."

TOP Espalier
SKIRT Acne Studios

Hair, Chris Appleton for Fudge Urban; makeup, Kathy Jeung at Forward Artists; manicure, Tom Bachik for L'Oréal Paris; prop styling, Bette Adams at Mary Howard Studio; production, Joy Asbury Productions. See Get-It Guide.



SHAZAM THIS PAGE TO
GO BEHIND THE SCENES
OF ORA'S COVER SHOOT.

The Ora sisters were born in a part of Yugoslavia that is now Kosovo. When Rita was 1 and Elena 3, their mother, Vera (a psychiatrist), and father, Besnik (a business owner), moved the family to West London. Besnik bought a pub, the Queens Arms, where Rita sang as a teen. Years later, Ora still spends a good amount of her downtime at home. “When I want to relax, I go home, smell my mom’s food and clear my mind,” she says. Her mother is comforted by the fact that Rita and Elena are together. “My mom is more settled,” Rita says. It’s clear that emotional grounding is a key part of Ora’s strength.

“The values that were important growing up were education, respecting your elders...that’s how we were raised,” Ora says. “I wouldn’t say it was strict, but there are certain things you have to do in our household. It’s a ‘You definitely have to show up for Christmas dinner’ vibe. We’re from a small community, so you’re not only representing yourself, you’re representing your family.”

“You can’t just say, ‘I’m not talking to Mum,’” adds Elena.

Rita laughs. “That does *not* fly. Our parents taught us to respect the people around us. So my work ethic and the way people perceive me—it’s very important to leave a good impression.” Part of that is showing that she doesn’t take her superstar life for granted, but still enjoys every minute of it. If you’re one of the 6.3 million who follow @ritaora on Instagram, you know her days look like an endless stream of red carpets, selfies and smiles. “If I do have a bad day, I don’t like putting it on other people,” Ora says. “It’s important to be positive.”

Balance is also key—and Ora has worked to find it, even in her 24/7 life. “I feel my strongest onstage,” she says. “I still, to this day, do not know anything better. And when I’ve been really good with my body—no alcohol, no late nights, watching my diet, drinking water...I start feeling like a superhero!”

Keeping pace with Ora isn’t easy. She’s just coming off a string of U.S. tour dates to support her “Body on Me” single. Then, after an appearance on *Ellen*, she’ll jet back to the U.K. to start work on *The X Factor*. As soon as that wraps, she’ll go all-in with album promo: TV shows, radio spots, still more red carpets.

“I’ve never been more grateful for sleep than I am at this point,” she says. “I used to hate it. It took a lot to mentally calm me down. But now I travel with a candle and a little lavender pillow. Obviously, I’m like any other twenty-something: I like to have a drink after my show and things like that, but it’s in moderation. It’s one of those things where the band goes out later and gets hammered, and you’ve got to be the one who just goes to bed.”

She accepts the pace, the late nights and the early call times, because she knows this is part of it—this is part of getting exactly what you want. “It’s like you’re an athlete. I’m not running a marathon, but I’m doing it in my own way. You really have to take care of your body so you can survive.” Ora’s role models are stars who are clearly comfortable in their own skin: “Jennifer [Lopez]. Gwen [Stefani]. And you can’t knock Alba!”

But if there is one artist whose career she’s studied the closest, it’s Madonna. Ora was the face of her Material Girl line in 2013 and 2014, and recently appeared in the pop icon’s video for “Bitch I’m Madonna.”

“I didn’t know what to expect, because...Madonna,” she says, incredulously. “Little old Rita, and she’s Madonna. But she flew me out, we shot her video, and she made time to hang out with us afterwards. It was probably one of the best moments of my life.”

Watching Madonna on-set crystallized, for Ora, what it takes to be a cultural force with serious staying power. “She works so hard. She looks at every shot, every angle. I couldn’t believe what I was seeing. And I was, like, ‘That’s exactly where we’re going.’ There’s a reason things get put in front of you like that. There’s a reason I saw her work ethic that night.”

She looks at her sister and smiles. “I see myself as a 360 artist, not just one-laned. I like to do everything. I have this vision of building an empire and leaving it to my family.” She sits up tall and bellows “Dominaaattttion!” then laughs and settles back into her chair. “I dream big, babe. I do.” ●

#INSTA-RITA

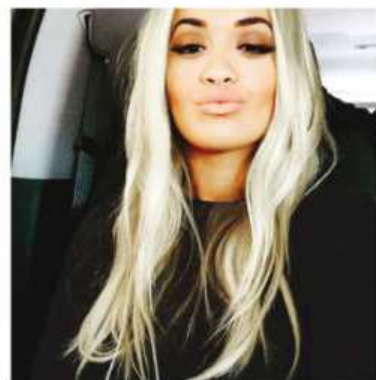
Ora’s Instagram, @ritaora, gives an inside peek at her action-packed life.



ROCKING OUT At BBC Radio 1’s Big Weekend music festival last May



DESIGN STAR A pop art-inspired pair of Adidas Originals from Ora’s line



STYLE PHILE Snapping a selfie en route to a fashion show in New York

SHINE ON



IN THE CLUB

For a fresh French, cover each nail with one coat of metallic polish, then skim the tip with an evergreen hue. Pro tip: Wield that brush with confidence! "If you move too slowly, that's when the line gets wobbly," says Paintbox creative director Julie Kandalec. **POLISHES** Diorific Vernis in Gris-Or, \$28; Essie in The Perfect Cover Up, \$9

Topping our wish lists: sporty gear and graphic nails. Unwrap something good with metallic manis by NYC studio Paintbox. **BY ANNIE TOMLIN**



SILVER BELLES

Tinsel tones add a flash of shimmer to a clean, angular design. After painting the entire nail white, apply a quick-dry top coat to prevent smudging. For the silver and pewter triangles, create the outline with a fine striping brush, then fill with a regular polish brush.

POLISHES Morgan Taylor in Could Have Foiled Me, \$9; Ginger + Liz in Ice Queen, \$12; CND Vinylux in Grommet, \$11



Manicures, Yuko Wada for Atelier Management and Paintbox; prop styling, Marie-Yan Morvan; model, Natalie Sarraf at Parts Models. See Get-It Guide.

SLICE OF ICE

The best thing about this crescent design? "It's organic and free-flowing," Kandalec says. "You can add a hint of metallic without going crazy." Apply two coats of white polish, then paint on a light blue swoop, moving from the cuticles toward the free edge.

POLISHES Zoya in Adel, \$9; Sally Hansen Hard As Nails Xtreme Wear in Babe Blue, \$3



THE RIGHT STRIPE

This negative-space look showcases healthy, bare nails in just two steps. Start by painting a line of rose gold polish down the center of each nail. Then, to create texture (and sparkle), dab a chunky, glittery gold on top. Score!

POLISHES OPI Nail Lacquer in Worth A Pretty Penne, \$10; Smith & Cult Nailed Lacquer in Shattered Souls, \$18



UP YOUR STYLE
GAME BY MIXING
A FLASH OF
MESH WITH YOUR
GOING-OUT LOOK.
TOP MODEL **EMILY
DiDONATO** TAKES
ON THE TREND
WITH AN ASSIST
FROM THE **NEW
YORK RANGERS.**

Power

WELL PLAYED

A knotted-up tank and open-weave skirt reveal just enough. "Showing skin in the right areas can be really sexy," says DiDonato (with, from left, left wing Emerson Etem, center Derick Brassard and winger J.T. Miller).

TOP Beth Richards, \$130 **SKIRT** Dion Lee, \$1,109 **EARRINGS** Larucci, \$100 **SNEAKERS** Pony, \$65

PHOTOGRAPHED BY **Bjarne Jonasson**
STYLED BY **Melissa Ventosa Martin**

Rangers



SIDELINES

Graphic stripes make a simple tank top and midi skirt stand out. And “you can dress anything down with sneakers,” says DiDonato.

MESH TANK Michael Kors, \$89

STRIPED TANK \$1,650, and **SKIRT** \$1,450, Calvin Klein Collection

MEET THE GUYS

For SELF’s shoot, the New York Rangers hit the ice at their practice rink in Tarrytown, New York. A look at four of the team’s stars (above from left):

CHRIS KREIDER, 24, LEFT WING Known for explosive speed, he’s one of the team’s top offensive players and a leader in power-play goals.

DERICK BRASSARD, 28, CENTER Raised in hockey-obsessed Canada, the 6-foot-1 player racked up a career-defining 19 goals and 41 assists last season.

J.T. MILLER, 22, WINGER This first-round draft pick fires off fast shots to clinch games—he won gold at the 2013 World Junior Ice Hockey Championships.

EMERSON ETEM, 23, LEFT WING A Cali native and up-and-comer who played roller hockey as a kid (just like DiDonato!), he uses his skating speed to reach the puck first. —Meg Lappe

MEET EMILY

DiDonato, 24, grew up on a hockey rink—but not the kind with ice. “I was on an all-boys roller hockey team for four years,” she says. “I was a major tomboy!” These days, she feeds her competitive side by racing in triathlons and half marathons, and playing football with a local coed league on the weekends. Off the field, she’s tackled ad campaigns for such brands as Ralph Lauren and Maybelline. Though her career has blown up, she still makes time to hang out with her family, in Orange County, New York, an hour and a half away from her New York City home. “We’ll go hiking, mountain biking—anything outdoors,” she says. “Being with people I love, doing something active and being out in nature are the three things that make me feel the best.” —Sara Gaynes Levy



**“All you need is
a little makeup
and a ponytail, and
you can make a
sporty look ready
for a night out.”**

OPEN NET

Style win: Let an athletic crop top peek out from a body-baring LBD.

“I stay fit with yoga, Spinning and conditioning classes,” says DiDonato.

DRESS Mugler, \$1,682
TOP Milly, \$145

BEAUTY NOTE

Score an instant glow with Maybelline New York Master Prime by FaceStudio in Blur + Illuminate, \$10.



HOT SHOT

High-impact color adds another element of interest to a perforated T-shirt dress. "I'd wear this with heels and a leather jacket," DiDonato says.

DRESS Kirsty Ward, \$434



BENCH WARMER

For a flirty-tomboy look, pair sheer shorts with a classic sweatshirt. "I love wearing one even when I'm not working out!" says DiDonato. "It's cool but laid-back."

SWEATSHIRT NikeLab x Sacai, \$350 **SHORTS** Tobell Von Cartier for Patricia Field, \$68

BEAUTY NOTE

Get frizz-free curls with Garnier Fructis Style Curl Calm Down Anti-Frizz Cream (\$4).

HER STAY-FIT MOVES

**DIDONATO'S WORKOUTS
KEEP HER TONED
AND TOTALLY ENERGIZED.**

IN THE GYM

"I work out with a trainer twice a week: We lift weights, do dead lifts, squats, any variation of a plank. And I love doing single-leg dead lifts or split squats on the BOSU ball, because I'm using my whole body to stay balanced. I try to engage as many muscles as I can to get the most bang for my buck with each move."

ON THE SLOPES

"I learned to ski last year, and I am obsessed with it. It's an incredible workout. You can get into such a good groove and flow—it's the best thing. I already have two trips planned for this winter."

ANYWHERE

"If I have to squeeze in a quick workout, I'll run the stairs in my apartment building, which is 50 floors! I'll go all the way up, back down and do it again. It takes me about 20 minutes, and I'm drenched in sweat. But I always feel a million times better when I work out—anything you do helps."





TEAM UP

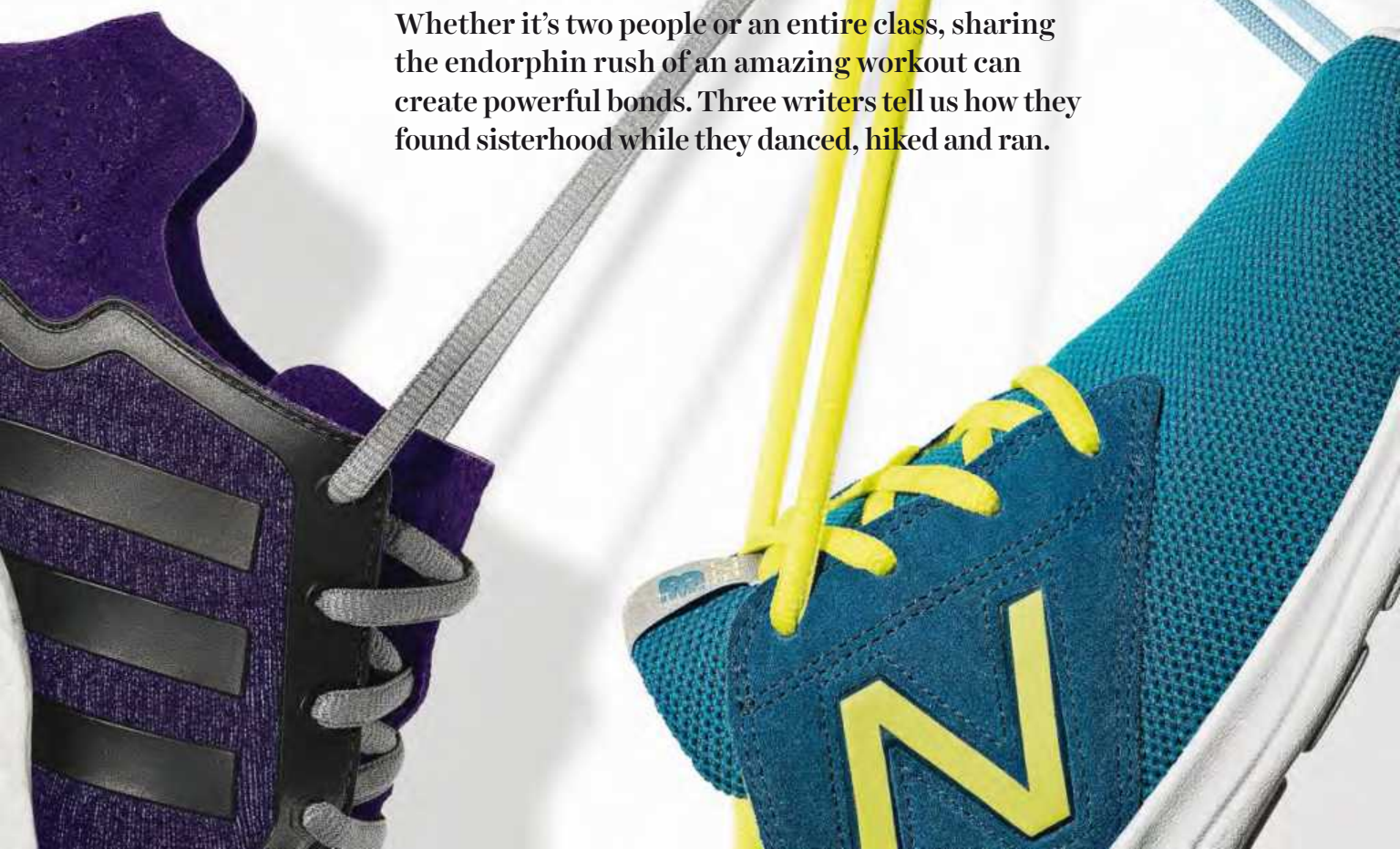
Perfect for layering, a mesh bodysuit shows off a sculpted physique. "I use medicine balls for sit-ups. They're hard but great for my abs!" says DiDonato.

RASH GUARD Acacia Swimwear, \$231

Hair, Charles McNair for Kérastase; makeup, Sam Addington for Chanel Rouge Coco; manicure, Holly Falcone at Kate Ryan; prop styling, Hans Maharawal; grooming, Eloise Cheung; tailoring, Christine Gabriele at Lars Nord Studio; model, Emily DiDonato at IMG. See Get-It Guide.

YOUR FITNESS FAMILY

Whether it's two people or an entire class, sharing the endorphin rush of an amazing workout can create powerful bonds. Three writers tell us how they found sisterhood while they danced, hiked and ran.



1

THE FRONT ROW CREW

By Nicole Berrie

I can barely plan a catch-up dinner with my girlfriends, but I see a troupe of women every day from 9 to 11 A.M. We contort our limbs into butt-numbing, Cirque du Soleil-worthy moves at Tracy Anderson, the It fitness studio in New York City.

As a cofounder of the online wellness magazine Bonberi.com, I'm obsessed with anything new in the fitness world—which is how I wound up at Tracy Anderson in the first place. I'm shy: I was there for the famously fab workout. I hadn't thought about the people. So I didn't expect what happened next.

At first, the group of 24 of us fumbled about, flailing our arms through the dizzying routines. Slowly, we gained our footing. We diligently iced our aching arches after class, and we kept coming back. And we began to bond: an alliance forged over sweat and coconut water. Then it moved outside the studio.

This is how a Tracy relationship blossoms from class buds to real-life friends. Step one: Follow each other on Instagram. (I often troll for #tamily—a hashtag with nearly 12,000 posts—and I cheer my sisters on by leaving heart and sweat emojis in the comments.) Step two: Meet for

WE DRESS ALIKE: PANELED LEGGINGS, STRAPPY SPORTS BRAS, NIKE FLYKNIT KICKS.

a postworkout cold-pressed juice to discuss the latest dance routine. Step three: Plan a night out to showcase said routine over dirty martinis.

Back in class, I'm no longer timid. In fact, I feel startlingly confident. I take my place in the front row with my girls, shaking my hips to "Can't Feel My Face." They make me feel like a bubbly cheerleader, and every cheerleader needs her troupe.

My front row crew reminds me of my high school friends in the best way. We're a noncompetitive clique of the "you can sit with us" variety. We lift one another up and share secrets like gluten-free banana bread recipes and where to get the best lymphatic massage. We even dress alike: sheer-paneled leggings, strappy sports bras and the latest Nike Flyknit kicks.

In my already busy and full life, I've effortlessly developed a new set of friends thanks to Tracy Anderson—an A-game circle of mothers, photographers, lawyers and models who rock it like Rihanna every day. When I walk around my neighborhood cheerfully nodding to passing women as if we're part of a secret society, my bewildered husband asks, "Who was that?" I respond, simply: "Tracy." And no further explanation is needed.

Last year, I even invited four of my Tracy friends to my wedding. They were #tamily, after all.

**PHOTOGRAPHED BY
BARTHOLOMEW COOKE**



TRAIL BLAZERS

By Katie Arnold

It was July on a small mountain near my home in Santa Fe, and I was looking for a sign. I found it—well, her—walking toward me on a trail. The “sign” was Natalie Goldberg, whose best-selling book *Writing Down the Bones* was a bible to me in my early days as a journalist. She would become my hiking partner. And she would help reboot my writing career, which was, at that moment, as quiet and sleepy as my 3-week-old daughter, napping in a carrier against my chest.

I already knew about Natalie, of course. The same way people in Santa Fe, and around the world, know about Natalie: A longtime Zen practitioner and writing teacher, she’s published 14 books. And I knew she led workshops for both accomplished and aspiring writers.

We shared only a short conversation that first time on the mountain: *Was my baby OK in her carrier?* Yes. But it was the inspiration I needed to attend her upcoming writing retreat. There, a friendship blossomed and we hatched a plan to hike together. And so began our weekly ritual. Like mindfulness meditation, hiking with Natalie became its own

practice, steeped in a precise tradition of our own invention.

We always walk the same trail: 2 miles to the top of 8,500-foot Picacho Peak, a small mountain on the edge of town, and back down. We climb in silence, saving our words for the descent. The trail winds through a narrow canyon, past juniper trees and thick-skinned pines. At the halfway point, Natalie stops to sit and meditate on a granite ledge overlooking all of Santa Fe, and I keep hiking to the top. Then I descend and find Natalie sitting cross-legged beneath a tree, and we talk the whole way down. These are our rules, and we rarely deviate.

That first fall, I learned my father had terminal cancer. I was nearly out of my mind with shock and fear. So Natalie and I talked about dying. But part of me must have wanted to nurture my grieving self and my family with food, because we also talked a lot about learning to cook. The only dishes I knew how to make were salad and soft-boiled eggs. On the way down, Natalie gave me explicit instructions for roasting a chicken and making omelets.

Every few weeks I flew back to Virginia to be with my father; as soon as I got home, I’d call her to arrange our next hike. After Dad died, in early December, I was so paralyzed with sorrow, I felt like I was dying, too. I imagined having every fatal condition: brain tumor, cancer, heart disease. But on the trails, I could feel myself pouring out my sorrow, letting it drip from my outstretched hands to be carried away on the breeze. When I hiked with Natalie, I was free.

Natalie has a saying that her Zen teacher told her: Continue under all circumstances. But even gurus need to take their own advice. Some winter mornings she’d email me: “It’s 20 degrees. Should we go?” We’d go. The trail changed with the seasons: sometimes slick with ice, other days muddy, sun-baked, shadeless or arctic. We met the mountain where it was, just as Natalie teaches her students to meet their minds, in meditation and in writing, wherever they are.

Soon we’d been hiking for a year and a half. Natalie wrote one book, then another. I sold my first one. Last year she had her own cancer scare, and I broke my knee running. For months we couldn’t

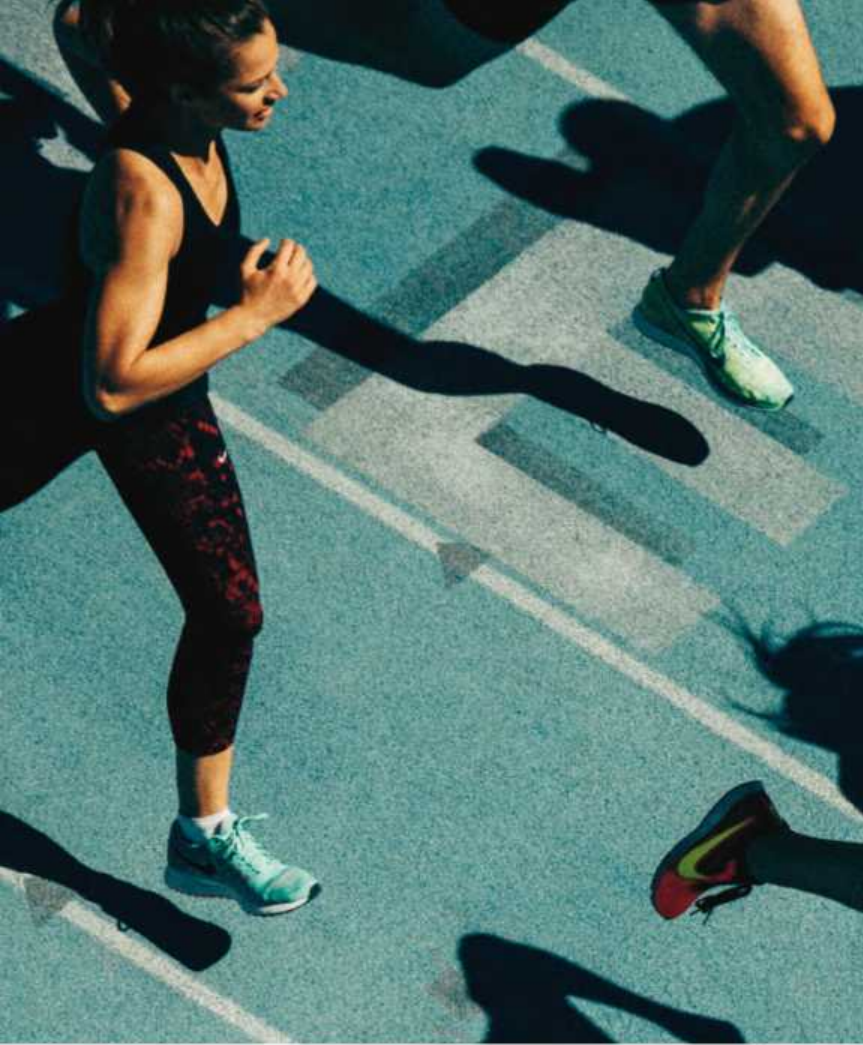
hike Picacho, but we walked beside the flat, dry riverbed and sat together in silence beneath a cottonwood tree where an eagle rustled the branches.

We talked again about dying and cooking, what Natalie could eat (smoothies) and what she couldn’t (almost everything else). We talked about the heartbreaking whirl of time, of years spinning on their way and daughters growing up too fast. “Don’t fight time,” Natalie told me gently one day. “You are moving at the right pace.” Gradually we were building back up, together.

Now it’s been five years. With our travel schedules, we sometimes go weeks between hikes, but we always pick up where we left off. We talk about writing and meditating, mothering and painting, making miso soup and swimming in lakes. We talk about Japan, South Dakota, the hills of Wyoming, our home hills. When we walk together, time slows and the ordinary becomes extraordinary—as simple yet profound as breathing.



Nonverbal mimicry helps people feel more emotionally attuned and bonded with one another per the *British Journal of Psychology*. Doing activities in sync—running at the same pace, say—could elicit a similar result.



TOPICS THAT MIGHT OTHERWISE TAKE A FEW SIPS OF WINE TO EMERGE FLOW AS SMOOTHLY AS OUR STRIDES.

That winter we ran together in the snow, her leopard-print fleece mittens (Why, Nancy, why?) warming her hands and some unknown recess of my heart. One morning I showed up with a lumbering gait and a faint 80-proof aroma. She didn't flinch. And I only halfheartedly shushed her when her salty political declarations got loud enough to startle other runners. I was seeing her more than my friends, romantic companions and parents—combined.

I'd never had a workout partner before Nancy. I think that's because the combination of physical exertion and aesthetic uniformity—spandex, sports bras—means every weakness is laid bare. It's practically as exposing as sex. (And at least that usually takes place in the dark.)

Yet I was immediately at ease with Nancy. It was liberating to not feel any self-consciousness about the sweat beading on my red face as we talked about work and friends and what we'd done the night before. Topics that might otherwise have taken a few sips of wine to emerge flowed as smoothly as the rhythm of our strides.

On one jog, the morning after Nancy and her husband spotted me from afar at a café, she asked about the woman I'd been there with. It was just Nancy, being her usual curious self. "Oh, that was my girlfriend," I replied, casually, with no hesitation. What was normally a fraught conversation about my sexual fluidity came out, so to speak, without premeditation or fanfare. We just kept pace.

Lately we're more likely to get a drink together than to pound a dirt path. My office is now downtown, so I run earlier in the morning, and my half marathon training leaves little breathing room for banter. (Yes, I'm the high-maintenance one in our relationship.) But we will never stop running: interrupting each other, swearing and tripping over ourselves to tell the juicy stories we've saved up to share. ●

3

EASY MILES

By Vanessa Lawrence

Like most first dates, platonic or otherwise, my first run with Nancy was scheduled over text. I had one overarching concern: Would we have anything to talk about?

Fortunately, awkward silences were not an issue. One of the many things I love about Nancy Chilton—my running partner of eight years—is that holding her tongue is not her forte. Conversation with her is loose and unfiltered. (The fact that I often have to fight to get a word in comes in handy on hills: I don't have to talk as my lungs power me up an incline.)

We met on a chilly November night at a benefit at The Metropolitan Museum of Art, where she works as the head of communications for The Costume Institute. I was there on assignment as an arts and culture reporter. We happened to retrieve our coats at the same time, and that's when we discovered two very important facts: We lived a block apart, and we were both runners. A sane Upper East Sider who loved to run? Jackpot, I thought.

We exchanged texts and planned to rendezvous for loops around the Central Park reservoir. It quickly escalated to three weekly jogs plus a long run every Sunday—honest effort, no judgments.

THE RISE OF RECOVERY

The buzziest trend in the fitness world has nothing to do with weights or reps: Right now, it's about recovery. Put in the time and you'll feel fitter, faster—all around *better*—in every workout. **BY COURTNEY RUBIN**

PHOTOGRAPHED BY BEAU GREALY

STYLED BY LINDSEY FRUGIER



OPEN UP

Leaning back over an exercise ball helps stretch the entire front of your body. (It's OK if palms don't touch the floor at first.) Then kneel with your hands on top of the ball in front of you and go into Child's pose. Enjoy the deep back stretch.

BODYSUIT T by Alexander Wang
LEGGINGS Michi
SNEAKERS Cole Haan

GET LOOSE

Deep stretching helps relax and recharge: A study in the *International Journal of Sports Science and Engineering* found that eight weeks of Hatha yoga improved volunteers' distance and speed in moves like agility sprints.

SPORTS BRA Alala

SHORTS Lucas Hugh

Whether you're a gym newbie or serious athlete, you want an edge. And for years that's meant more, more, *more*...mileage, dumbbells, sweat. But there's a new way to score extra oomph: recovering smarter. Stretch classes have become a staple at gym chains like Equinox, boutique studios like CityRow and even some CrossFit locations. The words *foam roll* are now part of our vernacular. Our call: Soon, whole studios will be devoted to all the stuff you do when you're not crushing your workout. Recovery is the hottest thing in fitness.

The best part? It really works. Just ask Gabby Rosenthal, 31, a public relations director in New York City. For years she was frustrated by her tight hips, bad knees and subpar flexibility. In boot camp classes, she needed so many modifications that she felt like she wasn't performing her best. She ran half marathons, but aches and pains made her take walk breaks.

Then a trainer introduced Rosenthal to foam rolling. Last summer, she committed to doing the 20-minute routine daily, and everything changed. After three months, she'd clocked a personal best by almost 30 seconds per mile in a 5-mile race, and she could do



one-legged squats for the first time. “It’s made a crazy, huge difference,” she says. “Now I don’t ever skip it because I know I can’t work out as well without rolling.”

Recovery activities like stretching, foam rolling—even total rest days—may feel like the throwaway stuff you skip to make room for more pressing matters (strength routines, cardio). But they’re a crucial part of the performance equation. “If you exercise hard and you don’t allow yourself any recovery, you’re wasting your time,” says Lance Dalleck, Ph.D., assistant professor of exercise and sport-science chairman at Western State Colorado University.

Here’s why: After a sweat session, your body is in shock—muscle fibers are torn, fuel stores are depleted, and your immune function is zapped. Once you’re past that stage, which can last from a few hours to a day, depending on the length and intensity of your workout, your body begins to mend muscles and replenish glycogen stores (their go-to source of energy). Recovered muscles allow you to run faster or lift more than you could before. But if you don’t repair your body, you’ll go straight back to that initial alarm phase—and never get to the good stuff.

The foam roller is the reboot tool of choice for many physical therapists and gyms. (LifeTime Fitness recently hosted rolling clinics at 117 gyms across the country.) It’s used to help iron out fascia, the gauzelike, collagen-packed connective tissue that stretches over and through your muscles. Fascia has attracted scientific attention only recently, but we know it’s strong and slippery and can tighten up with repeated stress—which limits muscles’ ability to move. “The system is connected throughout, so you can roll out the fascia in your foot and have increased range of motion at the hamstrings,” says Duane Button, Ph.D., assistant professor of exercise science at Memorial University of Newfoundland.

A recent study by Button found that two minutes of foam rolling increased range of motion by 10 degrees. His research has also shown that rolling (in this case, twice on quads for 60 seconds each) reduced muscle soreness for up to three days after exercise and led to better performance in a vertical leap test.

In addition to rolling, it’s smart to space out tough workouts by at least 48 hours. Still physically (or mentally) tired? Skip intense training and take a rest day. Resting helps you achieve optimum strength, power and speed, says Button. In other words, the very things you’re working so hard to improve.

THE MOVES

Daily rolling is best (ideally before a workout or in the morning on rest days), but you can start with twice a week, says David Reavy, founder of Chicago’s React Physical Therapy. He designed this routine, which uses a foam roller and a lacrosse ball (sub a tennis ball for a gentler touch). Have only two minutes? Roll your hip flexors, which connect to multiple muscle groups and influence their range of motion.

HIP FLEXORS Lie facedown and place ball between the hollow inside your hip bone and the floor. Bend that knee 90 degrees and rock foot from side to side; move until you feel hip flexor release.

LEGS Lie on side with foam roller under hip, resting on forearm, top leg bent. Bend and straighten bottom leg. Roll up on roller and repeat. Continue to just above knee.

GLUTES Sit on ball, focusing on a tender spot on one side of glutes, holding yourself up with arms behind you and knees bent in front of you. On side with ball, open knee out to side, putting weight on ball, and move knee up and down. The closer the knee gets to the floor, the deeper you’ll knead into the muscle.

UPPER BODY Lie on side with foam

roller near armpit, pressing where shoulder and back meet. Bend that elbow 90 degrees so forearm is over head, then move arm side to side and up and down from shoulder.

CHEST Place ball between front of shoulder and chest and lean against wall to apply pressure. Bend that elbow and move arm side to side and up and down from shoulder.

WHAT’S NEXT...

These new tools promise big recovery gains, but more research is needed to determine how well they work. *By Madeline Buxton*

COMPRESSION

Gear such as leg sleeves, high socks and special leggings like those from 2XU and Vimmia claim to speed recovery by holding muscles in place, supposedly reducing trauma from vibrations. They also aim to change blood flow, flushing out lactic acid.

OUR TESTER’S TAKE

“I wore compression socks in my last marathon and on the plane home. I felt less sore and swollen than after other races.”

FLOTATION PODS

Venues like San Francisco’s Reboot Float Spa and Aspire Center for Health + Wellness in NYC say floating in a tank of water and 1,200 pounds of Epsom salts reduces muscle tension; it may work by lowering levels of cortisol.

OUR TESTER’S TAKE

“It took a while to relax in the tank, but eventually I did. Afterward, I felt like I had taken a nap. Still, I’d prefer a massage.”

FOAM ROLL LIKE A CHAMP

Five ways to work your fascia, the tissue that holds muscles in place, to score maximum body benefits

1 PICK A ROLLER
White rollers are the least dense and have the most surface area, which feels gentler along muscles and fascia. Progress to a blue, then black, roller. Gridded and nub-studded models deliver serious pressure for a more intense session.

2 UNLOCK KNOTS
Roll back and forth across the muscle 30 times, contracting it repeatedly. If it doesn't relax, roll above and below it, says Chicago-based physical therapist David Reavy. Tightness elsewhere may prevent a muscle from releasing.

3 ZOOM IN
Lauren Roxburgh, an alignment specialist in Los Angeles, advises rolling out your entire body, then zeroing in on spots by activity. Dancers should focus on calves. Cyclists or runners can ease tight quads, IT bands and hips. Tennis players can prep for upper-body twisting by rolling out their ribs and upper back.

4 AMP IT UP
Using a ball feels great on tough-to-reach spots like your hips. Begin with a tennis ball and work up to denser, smaller ones—like lacrosse or golf balls—but stop if it hurts.

5 GIVE FEET TLC
“We wear shoes so much, our fascia gets super tight and our feet aren't as activated,” says Roxburgh. “Roll tennis balls under your feet before workouts to release tension and feel more balanced.”

SMART START

Foam rolling before exercise leads to less fatigue afterward, according to a study published in *The Journal of Strength and Conditioning Research*. Aim to do it for 10 to 15 minutes before every workout.

GRAY SPORTS BRA Sweaty Betty **BLUE SPORTS BRA** Calvin Klein Performance
LEGGINGS Tully Lou **SNEAKERS** Under Armour

Hair, Dennis Gots for Kérastase; makeup, John McKay for Chanel Les Beiges; manicure, Maya Apple at Nailing Hollywood; prop styling, Colin Donahue; production, 3Star Productions; model, Hana Mayeda at Marilyn Agency. See Get-It Guide.



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MAKE IT MERRY

→ Good friends, good food and a cocktail or two—it's holiday-party time! **Jeanine Donofrio** of the popular blog *Love & Lemons* serves up delicious ideas with a healthy twist.

(SELF) INDULGE

SQUASH AND FETA CROQUETTES

Try them hot with a cool yogurt sauce.

ARUGULA AND PEAR FLATBREAD

A lighter, more sophisticated take on pizza

POM FIZZ

Get the recipe for this fruity Prosecco drink at Self.com/go/pomfizz.

ROSEMARY ALMONDS

Crunchy, savory and sweet—we'll take a handful.

SOFT-BAKED PRETZEL

A classic crowd-pleaser served oven-warm

BLOOD ORANGE AND BOURBON COCKTAIL

Citrusy with a boozy kick

BEAN AND KALE CROSTINI

Red pepper flakes add a hint of heat.

PISTACHIO-CHERRY BARK

Wrapped up, it's a tasty take-home treat.

PEPPERMINT PARFAIT

Coconut makes this dessert dairy-free.

Blood Orange and Bourbon Cocktail

SERVES 2

- ½ cup blood orange juice
- 2 oz bourbon
- 2–3 drops Angostura bitters
- ¼ cup sparkling water
- Orange slices, for garnish
- 4 pieces star anise

In a pitcher or bowl, combine juice, bourbon, bitters and water. Divide between 2 ice-filled glasses; garnish with orange slices and 1 or 2 pieces star anise.

Squash and Feta Croquettes

SERVES 6

- 1 small butternut squash
- ⅓ cup chickpea flour
- 2 garlic cloves, finely chopped, divided
- 3½ tsp extra-virgin olive oil, divided
- ½ tsp cumin
- ½ tsp smoked paprika
- Pinch of cayenne pepper
- ½ tsp maple syrup
- Sea salt
- ¼ cup chopped scallions
- ¼ cup crumbled feta
- ¼ cup plus 3 tbsp chopped cilantro, divided
- 1 cup panko breadcrumbs
- Parchment paper
- ½ cup plain yogurt
- 1 tsp lime juice

Heat oven to 350°. Halve butternut squash lengthwise, remove seeds and roast on a baking sheet until soft, about 40 minutes. Cool slightly, scoop out flesh and mash. In a bowl, combine 1½ cups squash with flour, 1 garlic clove, ½ tsp olive oil, cumin, paprika, cayenne, syrup and sea salt to taste. Add scallions, feta and ¼ cup cilantro; mix to combine. Form into 1½-inch balls and gently roll in panko. Transfer to a baking sheet lined with parchment paper and bake until golden brown, about 20 minutes. In another bowl, combine yogurt, lime juice, remaining 2 tsp olive oil, garlic clove and 3 tbsp cilantro, and sea salt and black pepper to taste. Chill before serving.

Arugula and Pear Flatbread

SERVES 8

- 8 small flatbreads (such as mini naan or pita)
- 1 tbsp extra-virgin olive oil, divided
- 1 clove garlic, halved lengthwise
- 2 cups mild white cheddar
- 2 ripe, firm pears, thinly sliced
- ⅓ cup crumbled feta
- ½ tsp fresh thyme
- 2 cups arugula
- ¼ tsp red pepper flakes

Heat oven to 400°. Brush flatbreads with 1 tsp olive oil and rub with cut side of garlic. Layer each with cheddar, pear

slices, more cheddar, feta and thyme. Bake until cheese bubbles and pears are soft, 15 to 20 minutes. Top with arugula, red pepper and remaining 2 tsp olive oil.

Rosemary Almonds

SERVES 6 TO 8

- 1½ cups raw almonds
- 1 tsp maple syrup
- 1 tbsp finely chopped rosemary
- ¼ tsp sea salt

Heat oven to 350°. In a bowl, combine almonds, syrup, rosemary and salt. Transfer to a baking sheet and bake until toasted and golden brown, about 10 minutes.

Soft-Baked Pretzel

SERVES 8

- ¾ cup warm water (105° to 115°), divided
- 1 tbsp maple syrup
- ½ tsp active dry yeast
- 2 cups all-purpose flour
- 1½ tsp coarse sea salt, divided
- 2 tbsp olive oil, plus more for brushing
- 2 tbsp baking soda
- Parchment paper

In a bowl, combine ¼ cup warm water and syrup. Sprinkle with yeast, mix and let stand until foamy, about 5 minutes. In the bowl of a stand mixer with a dough hook attached, combine flour, 1 tsp salt, yeast mixture, 2 tbsp oil and remaining ½ cup warm water. Mix until dough comes together and turn out onto a lightly floured surface. Gently knead into a smooth ball; transfer to a lightly oiled bowl and cover with plastic wrap. Let rest until doubled in size, 40 minutes to 1 hour. Heat oven to 450°. Uncover dough and punch down. On an oiled surface, cut dough into 8 sections; roll each into a 9- to 12-inch rope. Grab ends to make a U and twist into a pretzel shape. In a large pot, boil 6 cups water and baking soda. Lower pretzels, one at a time, into pot. Each should sink, then rise. Wait 30 seconds, remove and place on a baking sheet lined with parchment paper. Sprinkle with remaining sea salt and cut a 2-inch slit along bottom. Bake until golden brown, about 12 minutes.

Bean and Kale Crostini

SERVES 6 TO 8

- 1½ cups cooked cannellini beans, drained and rinsed, divided
- 3 tbsp extra-virgin olive oil, divided
- 3½ tbsp lemon juice, divided
- 2½ garlic cloves, divided
- 1 tsp chopped rosemary, plus more for garnish
- Sea salt
- 1 baguette
- 1 shallot, sliced
- ½ bunch kale, stemmed and chopped
- ¼ cup shaved Parmesan
- Red pepper flakes

In a food processor, puree 1¼ cups beans, 2 tbsp olive oil, 3 tbsp lemon juice, 1 garlic clove, rosemary, and sea salt and pepper to taste until smooth. Heat oven to 350°. Cut baguette into ½-inch slices; arrange on a baking sheet and drizzle with 2 tsp olive oil. Bake until golden brown, about 10 minutes. Rub with cut side of 1 garlic clove, halved. In a medium skillet over medium heat, heat remaining 1 tsp olive oil. Add shallot and cook until soft, about 2 minutes. Add remaining ½ clove garlic, chopped, and kale; cook until kale is wilted, 2 to 3 minutes. Stir in remaining ½ tbsp lemon juice and salt and pepper to taste. Top crostini with white bean puree and kale. Garnish with remaining ¼ cup white beans, rosemary, Parmesan and pepper flakes.

Pistachio-Cherry Bark

SERVES 4 TO 6

- 5 oz chocolate (70 percent cacao), roughly chopped
- 2 tsp coconut oil
- 2 tsp maple syrup
- Parchment paper
- 3 tbsp crushed pistachios
- 3 tbsp crushed pecans
- 3 tbsp toasted coconut flakes
- 3 tbsp dried cherries
- ½ tsp coarse sea salt

In a double boiler or heatproof bowl over simmering water, melt chocolate, coconut oil and syrup, stirring until smooth. Pour onto a baking sheet lined with parchment paper. Spread until ¼ inch thick and top with nuts, coconut flakes, cherries and salt. Freeze until set, about 3 hours. Remove and break into pieces. Serve chilled.

Peppermint Parfait

SERVES 8

- 2 cans (13.5 oz each) full-fat coconut milk, refrigerated overnight
- ¼ cup powdered sugar
- ¼ tsp peppermint oil
- ⅓ cup naturally sweetened strawberry preserves
- 1 cup yogurt pretzels, crushed
- 16 peppermint candies (or 2 candy canes), crushed

Carefully scoop thick solids from top of coconut milk into a bowl. Using an electric mixer, whip coconut until fluffy, about 3 minutes. Add powdered sugar and peppermint oil; mix until combined. In each of 8 small glasses, layer 1 tbsp coconut mixture, 1 tsp preserves, another 1 tbsp coconut mixture, another 1 tsp preserves, 1 tbsp pretzels, another 1 tbsp (or remaining) coconut mixture and another 1 tbsp pretzels. Top with 1 tsp candies and chill at least 1 hour.

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Page 4 Sweatshirt, \$2,800; MarcJacobs.com for stores. Shorts (available mid-December), Milly, \$150; Sea IslandShops.com. Sneakers, \$65; Pony.com. **Page 6** Black dress, 925 Fit, \$145; 9Two5Fit.com. Bodysuit (under dress), \$36; AmericanApparel.net.

Page 10 Cropped tank, \$130; BethRichards.com. Shorts, Under Armour, \$25; UA.com.

Page 18 Sports bra, \$55; OutdoorVoices.com. Bra (underneath), \$39; Splits59.com. Pants, The Track & Field Store, \$94; 212-355-1944. Sneakers, Under Armour, \$85; UA.com.

Page 41 Sports bra, Lululemon Athletica, \$48; Lululemon.com. Sneakers, Under Armour, \$90; UA.com.

Page 43 Sports bra, \$60; BaseRange.com. Shorts,

\$290; MonrealLondon.com. Knee-length leggings, \$85; OutdoorVoices.com. Shoes, \$795; JimmyChoo.com.

Page 55 Bangles, Tom Wood, \$222 each; TomWoodProject.com.

Page 56 Blue top, \$50, pink top, \$50, gray leggings, \$85, and black top, \$50; OutdoorVoices.com.

Black pants, \$95; Nike.com. White top, Heroine Sport, \$85; Bandier.com. Blue pants, \$52; LiveTheProcess.com.

Page 63 Watch, \$399; Apple.com.

Page 68 Shirt, \$1,550, and sneakers, \$595, Calvin Klein Collection; 212-292-9000. Leggings, No Ka 'Oi, \$177; Yoox.com. **Page 69** Top and skirt, Versace; 888-721-7219 for similar styles. **Page 71**

Swimsuit, \$1,100; Chanel.com. White tank, \$215;

JoshGoot.com. **Page 72** Top, Espalier, \$115; Espalier

Sport.com. Shorts, \$1,050; AcneStudios.com.

Page 74 Golf club, \$799 for the set; CobraGolf.com.

Page 75 Sunglasses, \$200; Oakley.com. **Page 76**

Ice skates, American Athletic Shoe, \$50; Amazon.com. **Page 77** Soccer ball (shown painted), Baden, \$15; Amazon.com.

Page 78 Top, \$130; Beth Richards.com. Skirt, \$1,109; DionLee.com. Earrings, \$100; Laruicci.com. Sneakers, \$65; Pony.com. **Page 80**

Mesh tank, Michael Michael Kors, \$89; MichaelKors.com for stores. Striped tank, \$1,650, and skirt, \$1,450, Calvin Klein Collection; 212-292-9000. **Page 81** Dress, Mugler, \$1,682; Shopbop.com. Top, \$145; Milly.com.

Page 82 Dress, Kirsty Ward, \$434; YoungBritishDesigners.com. **Page 83** Sweatshirt, Nikelab x Sacai,

\$350; Nike.com. Shorts, Tobell Von Cartier for Patricia Field, \$68; PatriciaField.com. **Page 85** Rash guard, Acacia Swimwear, \$231; TheLuckyHoney.com.

Pages 86-87 Sneakers, from left: \$130; Adidas.com. \$75; NewBalance.com. Under Armour, \$85; UA.com.

Page 90 Bodysuit, T by Alexander Wang, \$365; AlexanderWang.com. Leggings, Michi, \$180; MichiNY.com. Sneakers, \$178; ColeHaan.com.

Page 91 Sports bra, Alala, \$80; AlalaStyle.com. Shorts, \$118; LucasHugh

.com. **Page 93** Gray sports bra; SweatyBetty.com for similar styles.

Blue sports bra, Calvin Klein Performance, \$34; Macy's. Leggings, \$150; TullyLou.com.au. Sneakers, Under Armour, \$80; UA.com.

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“

I can go out into the mountains and make my own trail or create a new trick.”

Eliassen does a trick jump in Frisco, Colorado.

WHY I...

FREE-SKI

By **GRETE ELIASSEN**, 28, professional skier in Big Cottonwood Canyon, Utah

Skiing has always been part of my life. I don't even remember learning how to do it—I put on my first pair of skis when I was 3. Growing up, I did downhill racing and cross-country. When I was a teenager, I watched videos of female athletes free-skiing: doing jumps, rails, grabs and other tricks, and using a half-pipe, like in skateboarding. I thought, I want to be just like them. I couldn't wait to try it. After my races, I'd go look for jumps where I could practice tricks. The first one I landed was a 360-degree turn. I didn't even get that much air, but it felt so amazing to come fully around on my skis.

One of the coolest things about free-skiing is that there are virtually no rules. It's a way to express myself: When I compete, I'm designing my own routine of tricks and jumps. I had been racing at an international level for downhill, but

once I decided to free-ski competitively at age 15, sponsors started to pick me up. At my first major competition, the U.S. Open in 2006, I won first place in slopestyle. I was so grateful to be recognized for being true to myself.

I love being in the air. It's like flying. I hold the record for the biggest jump any woman has done on skis or a snowboard, 31 feet, which is one of my proudest accomplishments. It took two days of trying to set that record. I needed to build so much speed to do it, which was taxing on my legs. But being in control of a jump that big and landing it was incredible.

There's always more to learn in free-skiing, which keeps me pushing myself. I can go out into the mountains and make my own trail or create a new trick. All I need is my ski pass, and I can do anything I want.

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